

OTTAWA

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LIGHT SHOW OF A LIFETIME

TOURISTS FROM AROUND THE GLOBE FLOCK TO CANADA'S NORTH TO GET A GLIMPSE OF THE AURORA BOREALIS **PAGE 20**



Talent scout gets sentenced to jail

Saroor Hassan Zaidi pleaded guilty to defrauding the public

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Several locals receive Juno nod

Ottawa musicians among nominees for the awards show to be held in March

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United Way \$5M short of \$21M goal



Clarissa Arthur, the child development program co-ordinator of MMBOW at the Youville Centre in Ottawa, plays with 13-month-old Liam Brennan, left, and Mahlaiyah Besau on Tuesday. JOE LOFARO/METRO

Make or break.

Funds could mean the difference between services or no services for 19,000 people



JOE LOFARO

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The United Way is putting the focus more on the number of people who need help instead of the hard cash it needs to raise as the second half of their annual charitable campaign comes to an end.

But it still needs the cash — \$5 million more, to be exact.

Campaign co-chairs Goldy Hyder and Barbara Crook said Tuesday 57,000 people have benefited from the \$16 million raised so far in the campaign. The charity said 19,000 will be left behind unless the public steps in and makes a donation to meet the \$21-million goal.

"I'm not sure they care about a number, nor should they," said Hyder. "What they care about is that number making a difference in their lives. Is the generosity in Ottawa making any difference in their lives?"

He and Crook invited the media to the Youville Centre in Sandy Hill Tuesday to see firsthand how past donations have made a difference in people's lives. Crook said to date, \$44,000 has gone to the Me, My Baby, our World (MMBOW) program at Youville, which teaches young or single moms how to be a good parent.

"People can see the direct impact they're making. It's not just something that's coming off your paycheque," said Hyder, referring to workplace charitable campaigns.

Clarissa Arthur graduated from the Youville Centre in 1996 after having her son at 18. Now, she is the child development program co-ordinator of MMBOW and says she wouldn't be where she is today without the help of Youville.

"I would definitely say that every single little bit of support helps," said Arthur. "The support that goes to the United Way goes to so many programs, especially ones like this."

The deadline to make a donation is March 31. Donations can be made through a workplace charitable campaign, unitedwayottawa.ca, or by calling 613-228-6767.



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Stabbing

Jagtar Gill homicide
detectives looking
at security video

Ottawa Police are poring over security video obtained from the neighbourhood where an Ottawa woman was stabbed to death last week.

Ottawa police spokesperson Carole Lavigne confirmed to Metro that security footage has been obtained from neighbours and the real estate developer of Half Moon Bay — the new Barrhaven housing development where the victim Jagtar Gill lived. The 44-year-old Gill, a mother of three, was found by her daughter and husband inside their home last Wednesday.

Det. Bruce Pirt told CBC News that police have not determined if the killing was a targeted or random act. **METRO**

Feb. 7

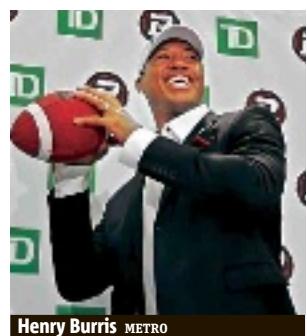
Award nomination
deadline extended

Immigrant Women Services Ottawa (IWSO) has extended the deadline for nominations for its awards recognizing outstanding organizations, groups or individuals who have demonstrated through their work recognition and respect for Ottawa's diverse community, and who believe violence against women and children must be eliminated.

The nomination deadline has been extended until Feb. 7. The community awards will be presented during the annual Roses and Candles Gala on March 6 at the Hellenic Banquet Centre. **METRO**



Star QB signs with 'sizeable' RedBlacks



Henry Burris **METRO**

Ottawa football fans had reason to wonder why star player Henry Burris stopped in to the city.

The 38-year-old veteran quarterback is joining the RedBlacks as starting quarterback this June. He signed a three-year contract with the capital's CFL team, which general manager Marcel Desjardins described as "sizeable" when he made the announcement Tuesday morning.

"I know, for me, this will be my last contract," Burris said. "There's no better way to close this thing out."

Desjardins said he started honing in on Burris when he heard the quarterback was not signing another contract with the Hamilton Tiger-Cats.

"We get a great player, a great person, a player who's going to bring so much to the table for us, not only in terms of his abilities as a quarterback,

but in the locker-room, as a leader," he said.

Burris has won two Grey Cups with the Calgary Stampeders. In 2008, he was named the Most Valuable Player after scoring a touchdown and completing 28 of 37 passes for 328 yards. When he played for the Tiger-Cats in 2012, he scored 43 touchdowns and threw 391 completions on 604 attempts for 5,367 yards.

LUCY SCHOLEY/METRO

Several Ottawa artists among Juno nominees

Canada's music awards.

Locals getting nods include Amanda Rheaume, MonkeyJunk, A Tribe Called Red

stories, and all of them turned into songs and made it onto the album," said Rheaume from Toronto, where she travelled for the announcement Tuesday.

"It just makes this mean so much more. I think that he would be super proud, so I just feel very proud to carry on these stories, especially now."

The Ottawa-born-and-raised songwriter isn't the only national capital musician nominated. Electronic music pioneers A Tribe Called Red scored two nods — for Electronic Album of the Year and Breakthrough Group of the Year — for their 2013 album *Nation II Nation*.

Blues rockers MonkeyJunk also scored a nomination for Blues Album of the Year with *All Frequencies*, while Kobo Town was nominated in the World Music Album of the Year Category for *Jumbie in the Jukebox*.

This year's Juno ceremonies will take place in Winnipeg, March 24-30. A list of nominees can be found at junoawards.ca.

TREVOR GREENWAY/METRO



Ottawa musician Amanda Rheaume has been nominated for a Juno Award for Aboriginal Album of the Year for *Keep a Fire*. COURTESY SEAN SISK PHOTOGRAPHY

1
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Talent scout given six months for misleading actors, models

31 victims. Saroor Hassan Zaidi, subject of a Metro investigative feature, pleads guilty to defrauding the public of over \$86,000

 JOE LOFARO
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A Mississauga, Ont., talent scout who has a history of preying on aspiring young actors and models is facing six months in jail for defrauding 31 people, including an Ottawa woman, over a five-year period.

In November 2012, Metro published an article about Saroor Hassan Zaidi after tracking down four women who said they met him at his studio to audition for various TV and film opportunities. They said they responded to ads on Kijiji from a firm called

Casting Toronto and paid Zaidi upwards of \$2,550 US for either union fees or acting lessons in the spring of 2012.

After a while, they never saw or heard from him again, they said.

In July 2012, Zaidi denied the allegation in an email to Metro.

In August, Metro reached Zaidi by calling a phone number in Pakistan via Skype. He declined to comment on the allegations and hung up in the middle of the interview.

About three months later, Toronto police charged him with two counts of fraud over \$5,000 and 13 counts of fraud under \$5,000.

Police announced the charges on Nov. 29, 2012, in a news release, saying they spoke with 15 victims who reported a loss of more than \$43,000.

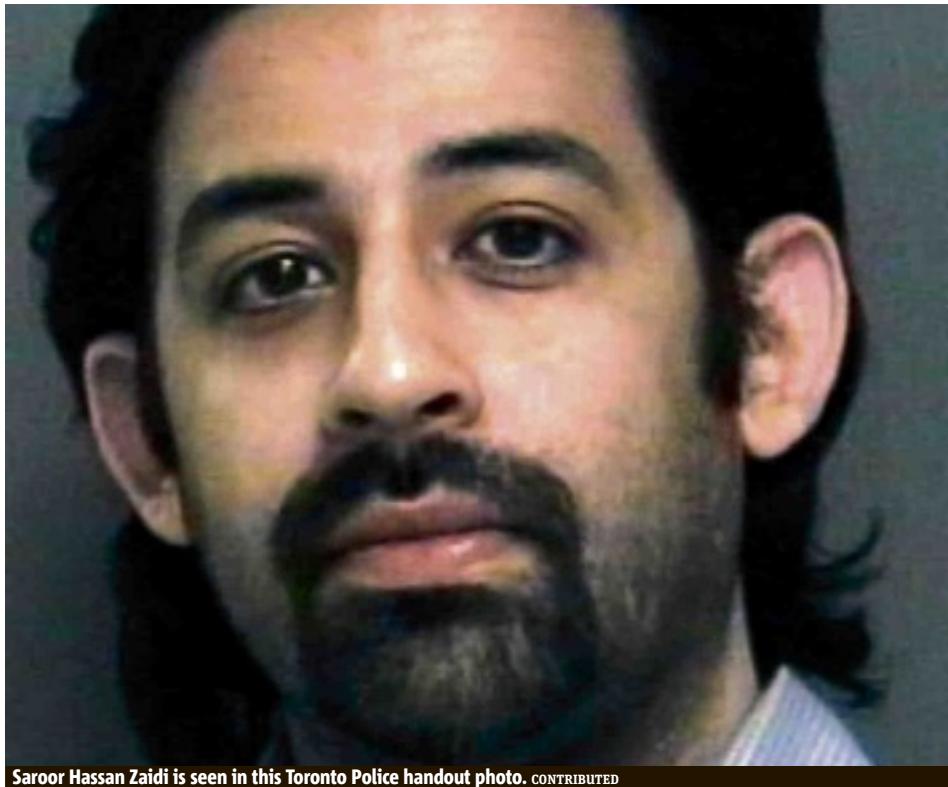
An additional 16 victims came forward since those charges were laid, including an Ottawa woman who lost

\$1,200, the Ontario Ministry of Consumer Services said.

The 31 victims suffered a total loss of \$86,214.50 from 2008 to 2012, according to an agreed statement of facts, with one mother losing \$14,250, which was to pay for "union passes" and acting lessons for her daughters to star in a purported Cadbury commercial.

Zaidi's unsavoury business dealings with models date back to the early 2000s, according to the statement of facts. He pleaded guilty in 2007 and paid \$8,346.15 in restitution stemming from complaints from consumers about his modelling agency from 2001 to 2004.

Other victims in Alberta and British Columbia contacted the ministry in 2008, which resulted in charges from the Consumer Protection Act. That matter resulted in Zaidi's company entering a plea of guilty and paying a \$5,000 fine.



Saroor Hassan Zaidi is seen in this Toronto Police handout photo. CONTRIBUTED

Leblanc murder 'not a cold case': Gatineau police



Valerie Leblanc's grandmother Huguette speaks with Gatineau police spokesman Jean Paul Lemay during a press conference in 2012. JESSICA BEDDAOUI/FOR METRO

Gatineau police say they are doing everything they can to solve the 2011 murder of Valerie Leblanc after the victim's grandmother started an online petition Saturday calling for Quebec provincial police to take over the investigation.

Leblanc's beaten and burned body was found Aug. 23, 2011, near a footpath behind the CEGEP de l'Outaouais in Hull. She was 18.

Huguette Leblanc said the fact that Sûreté du Québec took over the double-homicide investigation of Amanda Trottier and Travis Voutour

helped prompt her to start the petition for her granddaughter's case. However, police have said SQ took over because of possible links to organized crime in that case.

"Now they get it right away, so I said, 'Why not Valerie?'" said Leblanc in a telephone interview Tuesday. "We've been asking them to do that since the beginning because we never have any news."

Leblanc said she also believes provincial police are better equipped for solving the case than Gatineau police.

The petition had amassed

just under 900 signatures as of late Tuesday afternoon, but it is unlikely to result in any change. And although Leblanc realizes that, she said she feels comforted knowing others are supporting her, and that the petition might put increased pressure on police to find the murderer.

"Just to know that all those people are behind us, that's the best thing that could happen," she said.

Chief Inspector Marc Leduc of Gatineau police declined an interview Tuesday, but issued a written statement to Metro, saying the

force has the competence, experience and expertise to crack the case, and has consulted with SQ since the investigation began.

"It is not a cold case and we will never let it go until we find the murderer," the statement read.

"There are no limits to our resources on this investigation and, as per the Police Act, we have (accessed) and used every service available, whether we talk about hypnosis, behavioural and profiling experts or helicopter, just to name a few."

JOE LOFARO/METRO

Highway 417

Woman charged after charging OPP blockade

An Ottawa woman has been charged with impaired driving after striking a police cruiser with her car. OPP say that on Feb. 4 at around 2:55 a.m., two

OPP cruisers were slowing traffic on Highway 417 for a road closure near Belfast. While most cars respected the blockade, one driver tried to drive through, and struck one cruiser while trying to drive between them.

Alyssa Sinclair-Hall, 24, was charged with impaired driving and other offences, and is scheduled to appear in court on March 6. METRO

Simply the Best

Cal Best exhibit to launch with premiere of film

The Workers' History Museum will launch its exhibit about the life of Cal Best with the premiere of the film Simply the Best at the Ottawa Public Library's

main branch on Metcalfe Street on Feb. 25 at 7:30 p.m. Best was a lifelong activist from Nova Scotia, who would eventually become Canada's first black high commissioner.

The evening will include a panel discussion with the filmmakers and Jamie Bell, Best's son. The event will be hosted by CBC's Adrian Harewood. METRO

La Cité

85 employers expected at college job fair

La Cité College's job placement services is holding a job fair Wednesday.

More than 85 employers and organizations

will be meeting with students in their last year of studies.

More than 5,000 students are currently pursuing full-time studies at the college, and some 1,700 will be graduating in 2014.

The event takes place from 10 a.m. to 3 p.m. in the college's gymnasium in Building H. METRO

Fallen athlete. Carleton Ravens women ready to Do It For Daron this Saturday

When the Carleton Ravens women's hockey team suits up this Saturday against the University of Montreal Carabins, they will be doing it for Daron.

Daron Richardson, a 14-year-old competitive hockey player who took her own life in 2010 after struggling with mental health issues, will be remembered at the game, as players, coaches and parents try to bring awareness to mental health issues among youth.

"What we are trying to bring awareness to is the impressionable young adults in our communities and make sure that they aren't suffering in silence," said Daron's father Luke Richardson, former assistant coach of the Ottawa Senators.

Through the Do It For Daron Foundation, Luke and his wife Stephanie, along with friends and supporters, are trying to get people to talk about mental health. The Saturday game, which will donate \$4 per ticket to the Do It For Daron Foundation, is one way of starting that conversation.



Daron Richardson FACEBOOK

Richardson says it's still a struggle every day for his family as they try to cope with the loss of Daron, but he added that talking about her is the one thing that helps.

"We are living this and it's hard. But if we didn't do anything, we are still going to be living it and it's still going to be hard," he told Metro. "It's not going to bring back Daron, it's not going to change our situation, but we can make use of the tragedy that we are going through."

Carleton drops the puck for Daron at 2 p.m. at the university's "Ice House."

TREVOR GREENWAY/METRO



Carleton Ravens goalie Tamber Tisdale says she is playing Saturday's game against Montreal in Daron Richardson's name. CONTRIBUTED

Glug suds in the Glebe: WinterBrewed returns

Beer festival. 14 microbreweries from across Ontario expected to serve up frosty pints

 LUCY SCHOLEY
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If a willingness to wait in long lineups for suds in -30 C is any indication, it seems clear Ottawans love their craft beer.

WinterBrewed organizers say this year they will be better prepared after nearly 12,000 people flocked to the first Ottawa winter beer festival last year.

"It totally floored me," said JP Fournier, the founder and president of the second annual festival, and its summer edition. "I couldn't believe it. We had 6,000 people at the summer one (National Capital Craft Beer Week)."

WinterBrewed is moving indoors this year to the Glebe's Fifth Avenue Court and Arrow & Loon Pub, but Fournier said he hopes to split the event between indoors and outdoors next year. He's also working on shortening the long lineups for craft brews.

The beer selection is usually a bit of a surprise, added Fournier.

"What I can tell you is that the breweries tend to bring the best," he said.



JP Fournier, the founder of WinterBrewed, raises a glass in advance of last year's craft beer festival. The second annual event is moving to the Glebe. GRAHAM LANKTREE/METRO FILE

taken, one of the top-three craft brew (drinking cities) in Canada," said Fournier.

The second annual WinterBrewed will be at the Fifth Avenue Court and Arrow & Loon Pub Feb. 14-16.

Tickets cost \$12 in advance and \$15 at the door.

For more information, visit www.winterbrewed.com.

Thirsty city

"It totally floored me.... I couldn't believe it. We had 6,000 people at the summer one."

WinterBrewed founder JP Fournier, on the success of last year's festival and last summer's National Capital Craft Beer Week.



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When art is a battlefield. Talented Ottawans to fight it out for top 20-minute masterpiece

 **LUCY SCHOLEY**
lucy.scholey@metronews.ca

Imagine an artist toiling away at a painting.

Do hundreds of people watching and a 20-minute timeframe come to mind?

Probably not, but that's the setting for contestants in Art Battle, which pits a dozen painters against each other in a quick-and-dirty competition that can yield some impressive artwork.

"A 20-minute painting is a different beast," said Simon Plashkes, co-founder of Art Battle.

Portrait of the artist as a hurried man

"The experience of coming out ... and sharing what you do with others is very novel, unique and exciting for those painters." Simon Plashkes, co-founder of Art Battle

The last Ottawa event sold out to about 300 people, who wandered around to observe the artists complete acrylic paintings in just 20 minutes.

For the avid painter, the tight timeframe is an adrenaline rush, said Plashkes. Some show up with a preconceived idea while others plan on the spot. Many ditch their usual stroke techniques.

"Painting is really, generally speaking, a very isolated art form. You work long hours, alone, in a studio," he said.

"The experience of coming out ... and sharing what you do with others is very novel, unique and exciting for those painters."

Artists also earn money and exposure from the event. Proceeds are divided up among the participants and painters sometimes earn extra coin from selling their pieces, which are usually worth more than \$1,000.

Guests vote on the top masterpiece and the winner will compete in the Ottawa Championship in June. That winner will move on to the 2014 National Championship.

Head to the Arts Court Studio & Theatre, at 2 Daly Ave.

for the paint-off Feb. 22 at 7:30 p.m. Tickets cost \$15 or \$10 with a student ID.

For more information, visit www.artbattle.ca.



Mark Stephenson, left, the 2013 Art Battle Ottawa champ, competes at the 2013 National Championships. The next event will take place on Feb. 22. CONTRIBUTED

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Sheepdogs to headline Ottawa Dragon Boat Fest

Only three bands have been announced so far, but the Ottawa Dragon Boat Festival is already shaping up to be a hard-hitting music event for concertgoers this summer.

Festival organizers announced Tuesday the Saskatchewan-based rockers The Sheepdogs are headlining Friday night of the fest.

The three-time Juno winner, who landed on the cover of Rolling Stone Magazine in 2011, will be joined by Cuff the Duke and Harlan Pepper for the opening night of the festival June 20.

"It's going to be a great Friday night for sure," said Antony Cooper, the festival's artistic director.

"It's the 21st year and we just continue to grow and do our best to deliver something exciting for everybody in Ottawa and for those joining us from out of town."

The Ottawa Dragon Boat

Don't miss it

The fest runs June 19-22 at
Mooney's Bay Park.



The Sheepdogs are confirmed to headline the Tim Hortons Ottawa Dragon Boat Festival on June 20. CONTRIBUTED/CNW GROUP/OTTAWA DRAGON BOAT FESTIVAL

Festival is one of the best all-free music events the region has to offer. Over the past few years, the fest has seen the likes of Sloan, Sam Roberts, Born Ruffians and Great Lake Swimmers take the stage. This year's lineup is "more current than some of our past lineups," said Cooper.

The festival still has two full days of music to announce, but Cooper wouldn't budge on any of the acts. The plan is to release the artists by each day of the festival. Saturday's lineup announcement should follow soon and Sunday thereafter.

"But we have some other exciting announcements coming down the pipe, but you're going to have to wait."

The Ottawa Dragon Boat Festival features dragon boat races on the water, children's events, exhibitors and a whole lot of free music.

TREVOR GREENWAY/METRO

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Edmonton

Toddler found in freezing car; woman charged

A woman in Edmonton is facing a charge after concerned citizens alerted police about a child left alone in a cold car.

Officers were called to a south-end location early Monday evening

after some people noticed a child as young as two who had been left in the vehicle.

The car hadn't been running for about half an hour and the temperature at the time was -17 C. Paramedics removed the youngster, who was cold but fine. A woman has been charged with causing a child to be in need of intervention.

THE CANADIAN PRESS

Ottawa

Changes to federal election law

The Harper government is introducing legislation to toughen up parts of Canada's election law, while loosening the rules that govern political donations and party spending.

The bill includes a mandatory public registry for automated election

calls and jail for anyone convicted of impersonating an elections official, said Pierre Poilievre, junior minister in charge of democratic reform. "It closes loopholes to big money, imposes new penalties on political impostors who make rogue calls and empowers law enforcement with sharper teeth, a longer reach and a freer hand," he said.

THE CANADIAN PRESS

Newfoundland

Memorial prof apologizes over assignment

Memorial University says a professor has apologized for an assignment that the school's student union said made light of sexual assault and mental health.

A spokesman for the St. John's, N.L., university says

John Shieh has apologized to his computer science class and replaced the question on his assignment.

The student union said students of Shieh's came forward to complain last month after he asked them to create a computer program that could help determine whether a rape victim would commit suicide.

THE CANADIAN PRESS

Harb and Brazeau first to be charged in Senate scandal

Expenses. Mounties charge one Liberal and one Conservative; investigation of Duffy and Wallin continues

Mac Harb and Patrick Brazeau have been charged with fraud and breach of trust — the first criminal charges to emanate from the Senate expenses scandal but possibly not the last.

Harb, a former Liberal senator who resigned from the upper house last summer, and Brazeau, a former Conservative senator who was suspended from the Senate last fall, face one count each of fraud and breach of trust in relation to their travel and living expense claims, the RCMP said Tuesday.

The Mounties continue to investigate allegedly fraudulent expenses claimed by suspended senators Mike Duffy and

Pamela Wallin. They are also investigating Nigel Wright, who was Prime Minister Stephen Harper's chief of staff when he personally gave Duffy \$90,000 to reimburse the Senate for disputed living expenses.

Tuesday's charges stem from allegations that Harb declared two largely unused country homes as his primary residences, allowing him to claim a Senate housing allowance and living expenses for his supposed secondary residence in Ottawa — where he had lived for years prior to his 2003 appointment.

The Mounties allege that Brazeau fraudulently claimed his father's home in Maniwaki, Que., as his primary residence, although he was rarely seen there and lived primarily in Gatineau, Que. Brazeau, like Harb, has maintained that he did nothing wrong.

THE CANADIAN PRESS



Mac Harb, left, and Patrick Brazeau face charges. SEAN KILPATRICK, ADRIAN WYLD/THE CANADIAN PRESS

Rules lack clarity?

Harb and Brazeau

An independent audit of the pair's expense claims last spring said Senate rules on primary residences lacked clarity and, therefore, the auditors could not determine whether either senator had broken the rules.

But the Senate's internal economy committee declared the rules to be "unambiguous" and demanded that the senators repay their disputed expense claims. Harb complied but Brazeau refused to reimburse the \$48,000 he was asked to pay back, prompting the Senate to garnishee his salary. He was subsequently suspended without pay.

THE CANADIAN PRESS

Pickup containing dead coyotes shocks woman



Tiffiny Koback of Saskatoon posted this to Facebook. CONTRIBUTED

A Saskatoon woman out grabbing a coffee last Sunday was confronted with a grisly sight.

Tiffiny Koback was sitting with her husband in the drive-thru lineup of a local Tim Hortons. They were stuck behind a GMC Sierra pickup truck loaded to the brink with uncovered coyote carcasses.

"It was shocking," said Koback, who is the shelter director for the Saskatoon SPCA.

"By the time we ordered

our coffee, I couldn't talk — I was in tears."

She took out her phone to snap a picture and shared the disturbing image on Facebook. In the post she said she was able to count more than 20 dead coyotes.

Numerous Facebook users responded to express their outrage.

"What a civilized world we live in," wrote Leah Reynolds. "Beyond disturbing."

After the incident, Koback said she looked up the rules in Saskatchewan

around coyote hunting and was surprised to find there are no official limitations.

"I can't imagine having a car with a few kids in the vehicle and having to wait in line staring at that for 10 minutes," said Koback.

While she said she understands that many farmers with livestock consider the wild canines pests, she couldn't believe the brazenness of the truck driver.

"He's driving around Saskatoon with a truck box full of dead animals, so ob-

viously he's not concerned about who sees it," she said, adding that there should be guidelines in place to prevent this kind of public display.

Rich Hildebrand, a conservation officer with the Ministry of Environment in Saskatchewan, confirmed there is an open season on coyotes in the southern part of the province. In this situation, he said, it is likely that a licensed fur trapper was operating the vehicle.

JACOB MORGAN/METRO IN SASKATOON



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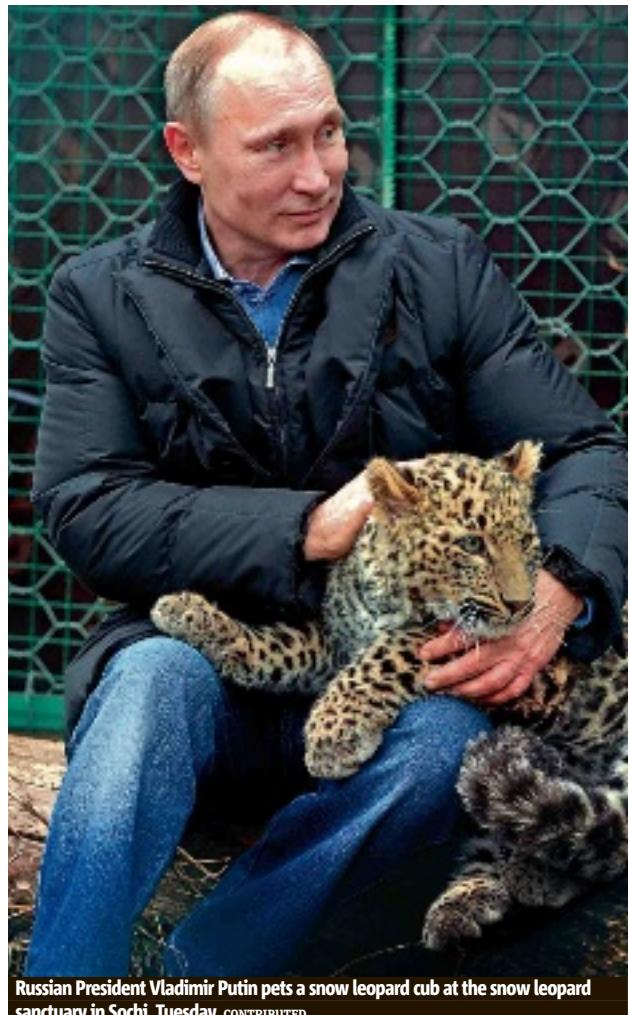
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Putin prepares for purrfect Olympics



Russian President Vladimir Putin pets a snow leopard cub at the snow leopard sanctuary in Sochi, Tuesday. CONTRIBUTED

Sochi 2014. Russian president gets cuddly with leopard, Olympic committee

Basking in the glow of support from International Olympic Committee Chairman Thomas Bach, President Vladimir Putin began his stay at the Sochi Games by promoting a cuddly image, visiting a group of endangered Persian leopard cubs born last summer in the mountains above the Black Sea resort.

"We've decided to restore the population of the Persian leopard because of the Olympic Games," Putin said.

Putin's visit to the leopard preserve was designed as a show of environmental concern during the Sochi Games, which open Friday.

The sanctuary was established five years ago as an Olympics-related project.

Putin entered the cage and petted the leopard on the head. "We liked each other," he said.

Some journalists accompanying him weren't so lucky. They apparently upset the big cat, which scratched one of them on the hand and bit another on the knee, Russian news

agencies reported. The buildup to the Olympics has been overshadowed by Western criticism of an anti-gay law and Russia's record on human rights and other issues, making Sochi among the most politically charged games in years.

U.S. President Barack Obama and key European leaders are shunning the Olympics and Obama has sent a delegation to Sochi made up of three openly gay athletes.

Speaking at an IOC gathering, Putin said nothing about the issues confronting the Sochi Games — which also include cost overruns and unfinished hotels.

He boasted that Russia had undertaken the monumental effort of starting from scratch in Sochi and completing the needed construction in a short time, something he said it took other countries decades to prepare.

"We realize what a difficult decision this was to hold the games in a city that barely had 10 to 15 per cent of the necessary infrastructure," Putin told the IOC.

"You believed in us, you believed in the Russian character which can overcome all difficulties."

THE ASSOCIATED PRESS

Calgary gay bar owner funds athlete

RayJean Fafard, co-owner of Calgary gay bar Twisted Element, couldn't be happier to aid one of Canada's medal hopefuls, long-track speedskater Denny Morrison, in his Sochi podium bid.

"I honestly feel like now I'm contributing to something bigger than me," Fafard said Tuesday. "This is important — he's there not only representing Canada, but, in a small part, representing the gay community."

Fafard first met Morrison at Twisted Element last year. They got to chatting and it didn't take long for the topic of athlete funding — or lack thereof — was raised. He agreed to help fund future endeavours.



Canadian speedskating team member Denny Morrison. THE ASSOCIATED PRESS

Fafard keeps in close contact with the speedskater in the lead up to the Games. "The other day I texted and asked him to send me some photos of the area because I wanted to see what it looks like," Fafard said.

JEREMY NOLAIS/METRO IN CALGARY

IOC. President says world leaders are using Games to push political agendas

Three days before the opening of the Winter Games, IOC President Thomas Bach used a hard-hitting speech to call out politicians for using the Olympics to make an "ostentatious gesture" serving their own agendas.

Bach's comments appeared directed at U.S. President Barack Obama and European politicians who have taken stands against Russia's law banning gay "propaganda" among minors.

For the first time since 2000, the U.S. delegation to

an Olympics will not include a president, vice-president or first lady. Former Homeland Security chief Janet Napolitano leads the delegation. German President Joachim Gauck and French President Francois Hollande are also not coming to Sochi. Neither is British Prime Minister David Cameron.

The IOC has come under criticism for not doing more to fight the anti-gay law, but Bach said the committee was a sports organization with limited responsibilities.

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Farmer Michael Schmidt, seen here outside court in Newmarket, Ont., in July 2008, and his supporters are taking their self-professed right to drink unpasteurized milk to Ontario's top court. COLIN PERKEL/THE CANADIAN PRESS

Raw milk fight goes to Ontario's top court

New study. Lawyers want to admit findings they say shows that unpasteurized milk reduces kids' risk of asthma or allergies

A crusading farmer and his supporters are taking their self-professed right to drink unpasteurized milk, which the government calls a "significant public health risk," to Ontario's top court this week.

Raw milk farmer Michael Schmidt is arguing that by making the sale and distribution of unpasteurized milk illegal, the province is infringing on both his and his customers' basic freedoms.

The charter includes "the right of individuals to make decisions pertaining to their own bodies and their own health," Schmidt's lawyers write in arguments filed with Ontario's Appeal Court.

But the province says the law is meant to protect public health and infringes neither

The issue

It's not illegal for farmers to drink raw milk from their own cows, so Michael Schmidt devised a "cow share" program through which his customers bought ownership in a cow or herd for \$300, \$600 or \$1,200.

- The Crown argues Schmidt is the one with legal title to the cows, as there is no evidence his customers "enjoy the benefit" of ownership.

Schmidt's nor his customers' charter rights, the government argues.

A provincial court judge convicted Schmidt in 2011 of 13 charges under the Health Protection and Promotion Act and the Milk Act and fined him \$9,150. That decision overturned an earlier one, in which another judge had acquitted Schmidt.

The case will now go before the Court of Appeal for Ontario, set for arguments Wednesday. **THE CANADIAN PRESS**

Britain

Queen plans trip to Rome in April to see the Pope

Buckingham Palace says that Queen Elizabeth II and her husband Prince Philip will visit Pope Francis in Rome.

The palace said Tuesday the royals would have an audience with the Pope at the Vatican in April.

The palace said Monday the couple also plans to attend the 70th anniversary of D-Day ceremonies during a state visit to France in June.

The high profile trips to continental Europe come as the 87-year-old Queen is greatly reducing her overseas travel. She has increasingly sent her eldest son Prince Charles to represent her outside the United Kingdom. **THE ASSOCIATED PRESS**

Obesity crisis

English city tries texting to trim fat

More than 60 per cent of adults in England are overweight or obese, according to new figures released Tuesday by the national public health agency.

Experts have previously predicted England's increasing obesity epidemic could mean half its population will be obese by 2030.

To fight bulging waistlines in Stoke-on-Trent in the West Midlands, authorities are trying a new approach. Overweight people can sign up to get frequent text messages encouraging them to move more and eat less. One text says "Maybe walk to the shops or use the stairs more often."

Officials described it as a "cheap and effective nudge" to take action.

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Holly Mendez, 28, is hoping to raise \$10,000 for breast augmentation surgery.

CONTRIBUTED

Website helps women get free breast implants

Crowdfunding.

Site allows male 'benefactors' to donate after viewing women's online profiles

CYNTHIA BIGRIGG
For Metro in Toronto

Small-breasted women who are unhappy with their cup size, take note: With a few clicks of a mouse and some "friendly" conversation, women everywhere can receive a breast augmentation at the hands of a board-certified surgeon — for free.

At least, that's what website myfreeimplants.com promises its members. This is how it works: Women create a profile with photos detailing why they want a breast augmentation and why they can't afford it. They then market their pro-

Cashing in on community

"You raise money by chatting. Every message that a guy sends you is a paid message — you make a dollar. You can talk to the donors and ask for donations. If they like you, they'll donate money."

Holly Mendez, myfreeimplants member

files to potential donors to raise funds for the procedure.

Men, called "benefactors," also sign up free, but they have to purchase credits, which can be used to send women of their choice messages. The women accumulate cash in their accounts for every message received. Surgeons are paid directly by the site for the procedures.

The site, founded in Los Angeles by Jay Moore and Jason Grunstra, was originally created to raise money so that their friend could have an augmentation.

"It was a very simple social

network," said Moore. "She was able to raise the funds herself in about four months. With that kind of concept, we developed the full version of the site."

The site focuses on a sense of community. Moore believes that more donors are attracted to the idea of an online friendship, rather than provocative content.

"Donors are looking to actually make a connection on a different level. Those donors are more likely to give larger amounts."

Holly Mendez, a 28-year-old customer service representa-

tive from Toronto, has been a member of myfreeimplants for three weeks.

"I've had small breasts all my life," said Mendez. "I had a baby four years ago, and breastfeeding made the situation worse. I feel like if I got (an augmentation), I would feel more confident. It would just make me happy. I'm doing it for me."

Mendez believes that personal connection plays a large role in the fundraising process, and even feels that she has made a few friends in the myfreeimplants community.

"You can talk about anything. You can talk about the weather, you can talk about cars, you can talk about their job. I just talk about whatever they want to talk about," said Mendez.

So far, Mendez has raised around \$400 toward her goal of \$10,000. She hopes to have the full amount within a year, but says she is enjoying her experience along the way.

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Youth are at the forefront of the protest movement in Ukraine, risking jail and injury to fight what they say is an attack on their freedom. CONTRIBUTED

'We want to be part of Europe, not the Soviet Union'

Ukraine. Young people are driving protests in Kyiv and fighting for their future

 **DYLAN C. ROBERTSON**
For Metro in Toronto

During a trip to Kyiv three weeks ago, I noticed that many of the Ukrainians occupying its frigid streets were youth.

I was there to write about the riots and considered myself lucky to find Yuliya Kudriavtseva on a translation forum. She took me to protest camps,

barricade checkpoints and occupied buildings.

Since that trip, 10 people have died. One online video shows a bruised, naked man in the snow as police photograph him and smack his head.

I called Kudriavtseva for an update.

"I do what I can to support the cause. I'm too scared to go out and protest," she said.

"I have a business so I pay lots of taxes. I'm happy to pay for schools and hospitals, but it all goes to corrupt officials."

She added that protesters want democracy and human rights.

"We want to be part of Europe, not the Soviet Union."

Kyiv's protests started in

November when Ukraine's president pivoted the indebted country toward Russia, which offered a \$15-billion bailout, instead of the European Union.

Thousands set up Occupy-style tents in Kyiv's central Independence Square and draped banners over the massive Christmas tree.

Ten days later, the government shut down mobile communications and sent in riot police. Dozens of protesters and journalists were injured. Dasha Mychailova, 19, was in the crowd.

"We ran for our lives."

She hid in a bar with friends while others were beaten with police batons.

"Friends of mine were at-

tacked and had to be hospitalized. There's been no compensation or justice," she added.

"This is now a battle over human rights."

When I visited in January, the government had just rushed a law mandating up to 15 years in jail for anyone attending mass rallies.

A week later, thousands at the protest site received an Orwellian text message: "Dear subscriber, you are registered as a participant in a mass disturbance."

That's when Andrew Meakovskiy got involved.

"Our freedom is at stake; I had to join the protests."

Although happy with his IT job, Meakovskiy said many

youth consider moving abroad for higher wages.

"Then you have your freedoms threatened. How can you live here?" he asked. "We are fighting for our future. We love our country and we don't want to leave."

What happens next is uncertain. On Sunday the EU announced a U.S.-supported bailout, contingent on reforms and respect for human rights.

The government proposed releasing arrested protesters last week if activists evacuated occupied buildings. Few did, which worries Kudriavtseva's boyfriend, Oleg Komin.

"There's an unwillingness to listen; both sides won't hear each other."

Economic problems

- The minimum hourly wage in Ukraine is \$0.87.
- One in five young Ukrainians is unemployed, according to official figures.
- Forty per cent of university graduates take jobs far below their qualifications.
- Transparency International ranked Ukraine 144 out of 175 countries on last year's Corruption Perceptions Index

August vote

Alaskans to vote on marijuana legalization

Alaska voters will decide this year whether to legalize marijuana for recreational use.

The Alaska Division of Elections told The Associated Press in an email Tuesday that a citizens' initiative has met all thresholds needed to appear on the Aug. 19 ballot. More than 31,500 signatures have been verified.

Voters in Colorado

and Washington last year became the first U.S. states to legalize marijuana for recreational use. The language of the Alaska initiative is similar to the Colorado measure.

The Alaska lieutenant-governor's office hasn't yet certified the question for the ballot, but it's expected to do so in the coming weeks.

The initiative would make it legal for adults 21 and older to possess up to 28 grams of marijuana and as many as six plants, including three that are flowering.

THE ASSOCIATED PRESS

Kenya

Journalists protest jailing of fellow reporters in Egypt

Journalists in Kenya's capital shouted slogans and marched through the streets Tuesday before sitting outside the Egyptian Embassy in support of jailed reporters in Cairo.

The protesting media members and supporters called for all journalists jailed in Egypt to be freed, but the group focused its

attention on Peter Greste, a Nairobi-based correspondent for Al Jazeera who has been in custody since Dec. 29.

Twenty journalists working for Al Jazeera face charges of joining or aiding a terrorist group and endangering national security. The government accuses the news station of being sympathetic to Egypt's Muslim Brotherhood, a powerful, conservative force in the country.

Nearly 100 journalists and supporters took part in a march and demonstration Tuesday. **THE ASSOCIATED PRESS**

Toxins

Libya says it's destroyed all chemical weapons

Libya's Foreign Ministry said Tuesday the country's caches of chemical weapons, including bombs and artillery shells filled with mustard gas, have all been destroyed.

"Libya is totally empty of any presence of chemical weapons ... which could pose a threat to the safety of people, the environment, or neighbouring regions,"

Mohammed Abdel-Aziz said in remarks carried by Libya's state news agency.

The eradication of the weapons, which date from the era of slain dictator Moammar Gadhafi, marks an important success for Libya, even as its neighbour Syria is struggling to destroy its own chemical-weapons hoard amid a civil war.

Under Gadhafi, Libya declared in 2004 it had 25 metric tonnes of sulfur mustard and 1,400 metric tonnes of precursor chemicals used to make chemical weapons. **THE ASSOCIATED PRESS**

Changes. Satya Nadella takes over Microsoft, as Bill Gates named adviser

Microsoft has named Satya Nadella, an executive in charge of the company's small, but growing business of delivering software and services over the Internet, as its new CEO. Company founder Bill Gates is leaving the chairman role for a new role as technology adviser.

The software company announced Tuesday that Nadella will replace Steve Ballmer, who said in August that he would leave the company within 12 months. Nadella will become only the third leader in the software giant's 38-year history, after Gates and Ballmer. Board



Bill Gates
THE ASSOCIATED PRESS FILE

member John Thompson will serve as Microsoft's new chairman. **THE ASSOCIATED PRESS**

\$500M boost. Walmart puts retailers in Canada on notice with 35 new stores

Walmart is opening 35 more Canadian supercentres as part of nearly \$500 million in planned investments over the next year as the retailer works to increase competitive pressure on its rivals.

The 2014-15 expansion announced Tuesday will generate about 7,500 jobs, including construction work.

The world's biggest retailer plans to invest more than \$376

million to build, expand, relocate or remodel its stores. It will also spend \$31 million for e-commerce projects and \$91 million to improve its distribution network to handle more fresh food.

The expansion will increase competition for Canadian retailers — especially grocery, pharmacy and clothing chains — who compete with Walmart. **THE CANADIAN PRESS**

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The revolution will be televised ... on Netflix

Survey says... 29% of Canucks subscribe to Reed Hastings' brainchild to stream content

Netflix continues to grow in Canada and is being used in millions of households, suggest two research reports.

Telephone surveys commissioned by the Media Technology Monitor with 4,009 anglophone Canadians between Oct. 7 to Dec. 1 found that 29 per cent of the respondents said they were Netflix subscribers.

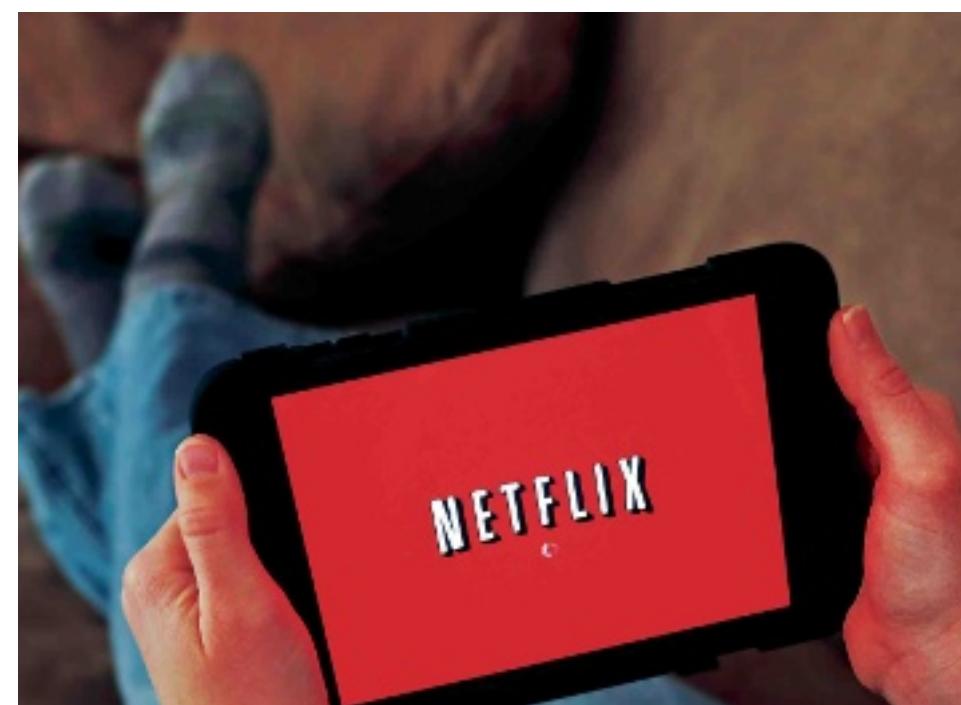
That was up nearly 40 per cent compared to MTM survey results from 2012. Based on the latest polling data, MTM estimates there are 5.8 million Canadians using Netflix to stream content.

Solutions Research Group Consultants estimates that three million Canadian households are using Netflix, based on an online poll conducted in November.

Of the Netflix users polled, almost nine in 10 said they found the \$8-a-month subscription fee to be "excellent" or "good" value for their money, and the average user spent 1.5 hours a day watching TV shows or movies with the service.

That poll also revealed that 81 per cent of the respondents said they watch short online videos monthly and 56 per cent were watching long-form content.

MTM's polling suggests that more Canadians are connecting their TVs to the Internet to play online video on their biggest screen.



Since Netflix was launched in Canada in 2010, the streaming service has steadily grown in popularity. **THE ASSOCIATED PRESS**

More popular than Jesus?

Worshipping at Facebook's altar daily

in the U.S. and Canada, so that's more than 143 million people checking Facebook daily. A 2006 CBS News poll found 15 per cent of U.S. adults read the Bible or other religious texts daily. There are about 267 million adults in the U.S. and Canada. That means about 40 million people reading the Bible daily.

And then there are monthly users — Facebook claims 1.23 billion of them. **THE ASSOCIATED PRESS**

About 26 per cent of the respondents said they use their TV to access online content, which was up about 20 per cent from the previous year. MTM attributes the growing popularity of Netflix as the biggest reason for the increase.

Netflix, which launched in Canada in September 2010, no longer discloses how many Canadian customers it has.

It last reported the service had reached the one-million Canadian subscriber milestone just shy of its one-year anniversary in Canada, which was the company's first international market outside the U.S. **THE CANADIAN PRESS**

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STUFFAHOLISM KILLS

Now that the hangover from the orgy of materialism known as Christmas has finally evaporated, it's time to face the obvious.

We are stuffaholics and we are suffering from "stuffocation."

Christmas is merely the climax in a year of mounting over-consumption. It starts on Black Friday, marches through Cyber Monday, and culminates in two weeks of Boxing 'Day,' with the religious dimension of the holiday being swept away in a tsunami of consumption that now starts rolling even before Halloween. But we don't know what else to do with ourselves.

Stuffocation is the title of a new book by trendspotter James Wallman, and it's the perfect word for our current state. Too much everything. It's going to the closet, says Wallman, "and it's bursting with clothes but you can't find a thing to wear."

For other critters on the planet, the consequences are more serious.



JUST SAYIN'
Paul Sullivan
metronews.ca

There's an island called Midway, which is 2,000 miles from land, where the sea birds are literally suffocating on the garbage they've ingested from the formerly pristine ocean and beaches. You can watch this on Upworthy. Check it out and weep. I did.

But Wallman has an interesting theory. He thinks we've finally had enough of stuff and the dominant philosophy of the day is changing.

We're evolving again. Materialism and its suffocating side effects are giving way to "experientialism," which means we're starting to value experiences over things.

Back in the bad old days of conspicuous consumption, your stuff had a point. It was a symbol of your status. Your car was more than a ride from point A to point B; it was a sign you could afford to spend enough to keep an African village alive for a year on your conveyance.

That was then, when it was necessary to impress those in

your immediate vicinity. But now that everyone (and I mean everyone) is in the media business, we need content to broadcast to our far-flung friends on Facebook and Twitter.

"I went shopping" is boring. "I hiked the Pacific Crest Trail" is pretty cool.

And who needs a car when you can just use a Zipcar?

According to Wallman, Apple is the perfect bridge from materialism to experientialism. You buy an iPhone and even the package it comes in is an experience. But there are other pioneers in this brave new world. For instance, Patagonia sells, through its partnership with eBay, used clothing and the stories behind it. Puma has a bag called the Clever Little Shopper; if you put it in hot water for three minutes it dissolves, leaving no residue and you can safely pour it down the drain.

Of course, experientialism is just another marketing scheme. This time you buy the experience, and the stuff is just the details. But in a world that's lost its meaning and is suffocating us all, it's a tiny message of hope — in a biodegradable bottle.

ZOOM

Addressing the white lion in the room



CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Endangered Species Act endangered?

White lioness Azira lies in a cage with her white cubs that were born last week in a private zoo in Borysew, in central Poland.

White lions are virtually extinct in the wild and often have defects that prevent them from giving birth, or the mother rejects her cubs, but in this case the cubs are doing well. The U.S. Endangered

Species Act — designed to prevent plights like that of the white lion for wildlife in America — may be endangered itself. Republicans in Congress are calling for an overhaul to the act, who proponents credit with staving off extinction for hundreds of species, but critics contend has been abused by environmental groups seeking to restrict development in the name of species protection.

THE ASSOCIATED PRESS



In 40 years, the U.S. government has spent billions of dollars trying to save some 1,500 species deemed endangered, like the grizzly bear.

THE ASSOCIATED PRESS FILE

Political protection

The political hurdles for an overhaul of the law are considerable. The Endangered Species Act enjoys fervent support among many environmentalists, whose Democratic allies on Capitol Hill have thwarted past proposals for change.

Twitter

A Vancouver woman hopes to open a cat café this fall, based on ones popular in Tokyo. What other kinds of themed cafés would you like to see open up?

@PascalCoder Retro Gaming Cafe, that accepts Bitcoin along with Canadian Dollars! E-Sports on the TVs, LCD Tetris Tables!

@wgb75 Why can't Edmonton have a puppy cafe. A lot would be interested.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

your immediate vicinity. But now that everyone (and I mean everyone) is in the media business, we need content to broadcast to our far-flung friends on Facebook and Twitter.

"I went shopping" is boring. "I hiked the Pacific Crest Trail" is pretty cool.

And who needs a car when you can just use a Zipcar?

According to Wallman, Apple is the perfect bridge from materialism to experientialism. You buy an iPhone and even the package it comes in is an experience. But there are other pioneers in this brave new world. For instance, Patagonia sells, through its partnership with eBay, used clothing and the stories behind it. Puma has a bag called the Clever Little Shopper; if you put it in hot water for three minutes it dissolves, leaving no residue and you can safely pour it down the drain.

Of course, experientialism is just another marketing scheme. This time you buy the experience, and the stuff is just the details. But in a world that's lost its meaning and is suffocating us all, it's a tiny message of hope — in a biodegradable bottle.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

With Facebook falling out of vogue among the web savvy, the social media site is doing its darndest to log some of your precious screen-time hours. Introducing Paper, a social app that takes the good ol' fashion design sensibilities of a magazine, combines them with a newspaper and puts it all online. But while the news reading app isn't yet available on the Canadian iTunes store, you don't have to stay stuck in the dark ages.

Flipboard:

Curate a magazine filled with articles from your favourite news sites, social networks, blogs or even RSS feeds.



Feedly:

The go-to RSS reader once Google reader died (RIP), Feedly lets you set up feeds for your favourite sites in a simple, user-friendly, magazine style format.

Twitter

@teemodajo A crafty cafe with local artiste's wares.

@Chris_cymru board game cafe. Like snakes & lattes in Toronto

@notmattdaubs does Anne Murray have a cafe? She probably should.

@mmmhustler403 A camping-theme cafe with a few real (small) bonfire/campfire for people to sit around. #YYC

@MainStPoodle I'd like to see a dog cafe. Right next door to the cat cafe.

Minifigs movie built on an idea that's been around the block

Silver screen play box.

The Lego Movie latest film hoping to turn kid's toy into a blockbuster



IN FOCUS

Richard Crouse
scene@metronews.ca

Alfred Hitchcock said, "Ideas come from everything," and certainly Hollywood proves his point.

Just this year we've had films inspired by everything from Norse mythology by way of comic books (Thor: The Dark World), real life (Captain Phillips, American Hustle to name a couple) and literature (The Hobbit: The Desolation of Smaug to name one).

Like Hitch says, story ideas can come from anywhere. Even the board games and toys we played with as kids.

This weekend Hollywood has built a movie around a set of building blocks. The most famous building blocks in the world. The Lego Movie features the all-star voices of Will Ferrell, Liam Neeson, Elizabeth Banks and Morgan Freeman in a story about an ordinary Lego minifigure recruited to stop the evil tyrant Lord Business from gluing the universe together.

Lego's colourful interlocking plastic blocks are the latest toy to inspire a movie, but they aren't the first.

The 1977 animated film Raggedy Ann & Andy: A Musical Adventure has the distinction of being the first theatrical motion picture



Minifigures stick together to save the universe from the tyranny of Lord Business in *The Lego Movie*. CONTRIBUTED

Toying with filmgoers' affections

Lego's colourful interlocking plastic blocks are the latest toy to inspire a movie, but they aren't the first.

based on a consumer toy. In the movie the rag dolls go on a journey to rescue Babette, a beautiful French doll kidnapped by a pirate. Described as "tedious" and "lacking in pace and humor" by many critics, the movie has also been mentioned as an un-

official inspiration for the Toy Story series.

A few years later came an action figure that would inspire several movies. Roger Sweet, lead designer for Mattel's Preliminary Design Department, says he wanted "a powerful figure that could be

taken anywhere and dropped into any context because he had a generic name." That character was He-Man, defender of the realm of Eternia from the evil forces of Skeletor.

The job of bringing that bigger-than-life character from the toy box to the screen fell to Dolph Lundgren in the 1987 film Masters of the Universe. The original story wasn't a hit at the box office and isn't one of Lundgren's favourite films.

"How much could I do as an actor," he asked, "when I was running around in swim trunks and chest armor?"

More successful was Clue, based on the crime mystery board game. Starring Eileen Brennan and Martin Mull as murder suspects Mrs. Peacock and Colonel Mustard, the movie was released with three possible endings. The various endings were split up between theatres, so no two prints were the same, but the DVD release features all three.

Juno noms Reflektor Arcade Fire's heat

Montreal's Arcade Fire, whose Haitian-inspired fourth album Reflektor was one of the most critically acclaimed releases of the year, has nabbed a leading six Juno nominations.

Michael Bublé and Stompa singer Serena Ryder are close behind with five nominations apiece.

Tegan and Sara, Drake, Céline Dion and Hedley round out the field with four nods each heading into the March 30 show in Winnipeg.

The nominations were announced Tuesday morning at

a news conference in Toronto.

Arcade Fire will compete in the album of the year category against Dion's *Loved Me Back to Life*, Drake's *Nothing Was the Same*, Bublé's *To Be Loved* and Ryder's *Harmony*.

Blurred Lines crooner Robin Thicke, who pulled in three Juno nominations, was announced as a performer at the show, as were indie darlings Tegan and Sara, and Ryder.

Thicke, who has dual citizenship, will compete for artist of the year against Dion,

Drake, Bublé and Ryder.

Group of the year will be contested by Arcade Fire, Blue Rodeo, Hedley, Tegan and Sara, and Walk off the Earth. The Burlington, Ont., band known for their innovative videos earned three nominations overall.

Arcade Fire will also compete for alternative album of the year along with Rah Rah's *The Poet's Dead*, Royal Canoe's *Today We're Believers*, Warring by The Darcys and Uzu from Yamantaka//Sonic Titan. THE CANADIAN PRESS



Arcade Fire has nabbed a leading six Juno nominations. THE CANADIAN PRESS

Leno leaves Tonight Show on top

22-year run. Host says goodbye to late-night TV

Jay Leno, as affably efficient backstage as he is in front of the camera, avoids waxing poetic about his 22-year Tonight Show run that draws to a close Thursday.

Instead, he relies on numbers to tell the story. Leno's tenure is second only to Johnny Carson's 30 years; Tonight was No. 1 among viewers when he took it over and will be when he hands it off to Jimmy Fallon; he'll have taped more shows than any predecessor, Carson included, with the final and 4,610th one.

His dry assessment also may stem from a case of *deja vu*. After all, he lived through this before when he surrendered Tonight in 2009 to Conan O'Brien, only to reclaim it after NBC's messy bobbling of the transition and O'Brien's lacklustre ratings.

But this time it's different, Leno contends, offering another hard fact: The older



Jay Leno, host of *The Tonight Show with Jay Leno*, on the set in Burbank, Calif. THE ASSOCIATED PRESS FILE

generation has to make way for the younger one.

Britain's Queen Elizabeth II can keep 65-year-old Prince

Charles cooling his heels. Leno doesn't have the power to do the same with Fallon, 39. The Late Night host is moving

the show from its longtime Burbank home, near Johnny Carson Park and off Bob Hope Drive, to its New York birth-

Quoted

"It's been a wonderful job but this is the right time to leave. I'm at that age where I don't really listen to the (current) music anymore. I'm not a big tweet guy. A 63-year-old guy reading Miley Cyrus' tweets is a little creepy. Move on."

Jay Leno

place when he debuts as host on Feb. 17.

"It's been a wonderful job but this is the right time to leave," said Leno, whose once-dark mop of hair is now a neatly groomed silver. "I'm at that age where I don't really listen to the (current) music anymore. I'm not a big tweet guy. A 63-year-old guy reading Miley Cyrus' tweets is a little creepy. Move on."

He makes the argument with the precision of one of his reliable monologue jokes, just as he did when he claimed to understand NBC's decision to evict him for O'Brien — even as he reamed the network on the air.

The years between then

and now have seen changes come at a quickening pace, with an ever-more crowded late-night arena and a shifting media environment. Fallon's parody music bits with contemporaries like Justin Timberlake are perfect cut-and-pastes for sites like YouTube that drive young viewer attention and offer new potential for ad sales as network revenues shrink.

In 2012, Tonight laid off 20 staffers and Leno took a 10 per cent pay cut. The show has averaged a 3.5 million nightly viewership in the past 12 months, which pales in comparison with the double-digit audiences it once claimed.

THE ASSOCIATED PRESS

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Gwyneth Paltrow ALL PHOTOS GETTY IMAGES

All's Vanity Fair in Gwyneth's war on exposé — magazine reconsiders

That Vanity Fair piece on Gwyneth Paltrow might never see the light of day, according to editor Graydon Carter, but not because of the Oscar-winning actress' impressive attempts to quash the mag's efforts. It turns out the final piece "was such a far cry from the almost mythical story that people were by now expecting — the 'epic take-down,' filled with 'bombshell' revelations — that it was bound to be a disappointment," Carter writes in the magazine's latest issue. He also reveals a 20-minute conversation with Paltrow herself.

self about the article's future. "At one point, she asked my advice as to what to do to get the 'haters' on her side," Carter writes. "I suggested putting on 15 pounds. I joked that it works for me. She replied that I had put on much more than that." And Paltrow's efforts to kill the article did register with Carter, who recounts the actress ordering her A-list friends to "not speak to Vanity Fair about her or about anything else ever again," he writes. "Kim Jong-un couldn't have issued a more blanket demand."

Aniston regrets crop, opts for sweet extensions of youth

Jennifer Aniston reversed course on her recent cropped hairdo, having extensions put in to bring it back to a more comfortable length. "Jen had been complaining to friends that she didn't like the short hairdo. She thought she wanted a drastic change but felt it wasn't the right look for her," a source tells Radar Online. "She felt having the short hair made her look older, which she is trying to avoid. Having long hair,



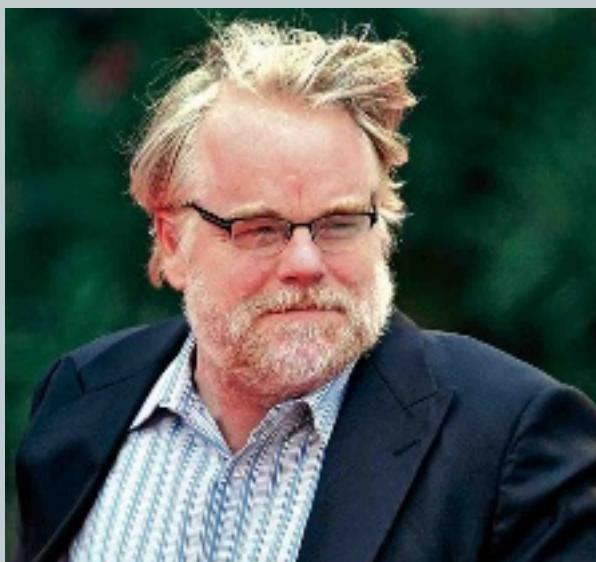
Jennifer Aniston

according to Jen, makes her look younger."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Hoffman introduced himself as a heroin addict

MELINDA TAUB
Metro World News

Philip Seymour Hoffman's death came as a tremendous shock to his fans. He himself, though, didn't try to hide that he had a problem: Just two weeks ago, he introduced himself to a stranger as a heroin addict.

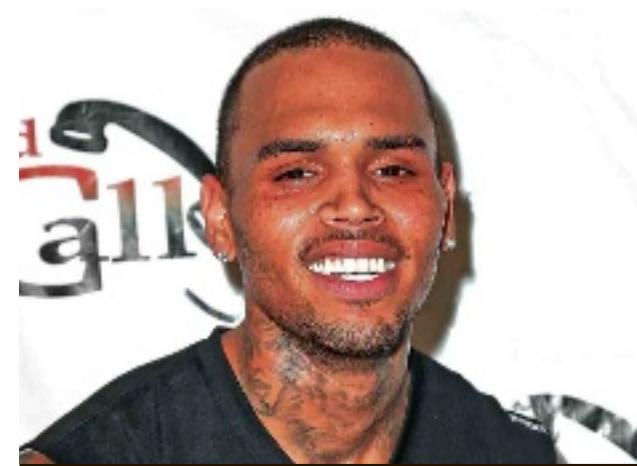
Magazine publisher John Arundel was at the Sundance Film Festival recently, where he began chatting with Hoff-

man, whom he did not recognize. Arundel asked what he did for a living. "He said, 'I'm a heroin addict,'" Arundel told the New York Post.

Hoffman then took off his "sloppy hat," at which point Arundel recognized the star. Before he walked away, Hoffman added, "I just got out of rehab."

It's especially heartbreaking to know that Hoffman was fully aware of the dangerous path he was on, but was unable to stop.

Hoffman was found dead Sunday in a Manhattan apartment. According to police, he was found in the bathroom with a needle still in his arm. Hoffman had been sober for 20 years, sources say, until a relapse last May.



Chris Brown

Brown's lawyer says yes, yes, yes, to keeping singer in rehab and out of jail

Some good news, at last, for Chris Brown. A judge has agreed that the troubled singer is "making great strides" in his current live-in rehab program and doesn't need to be in jail, according to E! News. Brown's attorney, Mark Geragos, successfully convinced the court to not interrupt Brown's treatment despite new witnesses coming forward in his Washington,

D.C., assault case from last year that the L.A. County District Attorney's office argues violates his probation from his 2009 conviction for assaulting Rihanna. "I say keep things on a short leash. Keep him where he is now," Geragos argued. "He is making great strides, and all you have to do is look at him. I've known him for five years, he's as good as he's ever been."



Twitter



@kirstiealley

got a good night's sleep and no one killed me... sooooo looks like project TRAIN RIDE.. is going to be a hit.



@ElizabethHurley

Horrible dreams last night.... Still reeling



@MarlonWayans

This meal made no damn sense ... But we ate it



Photo: Jordan Strauss/Invision/AP, AP

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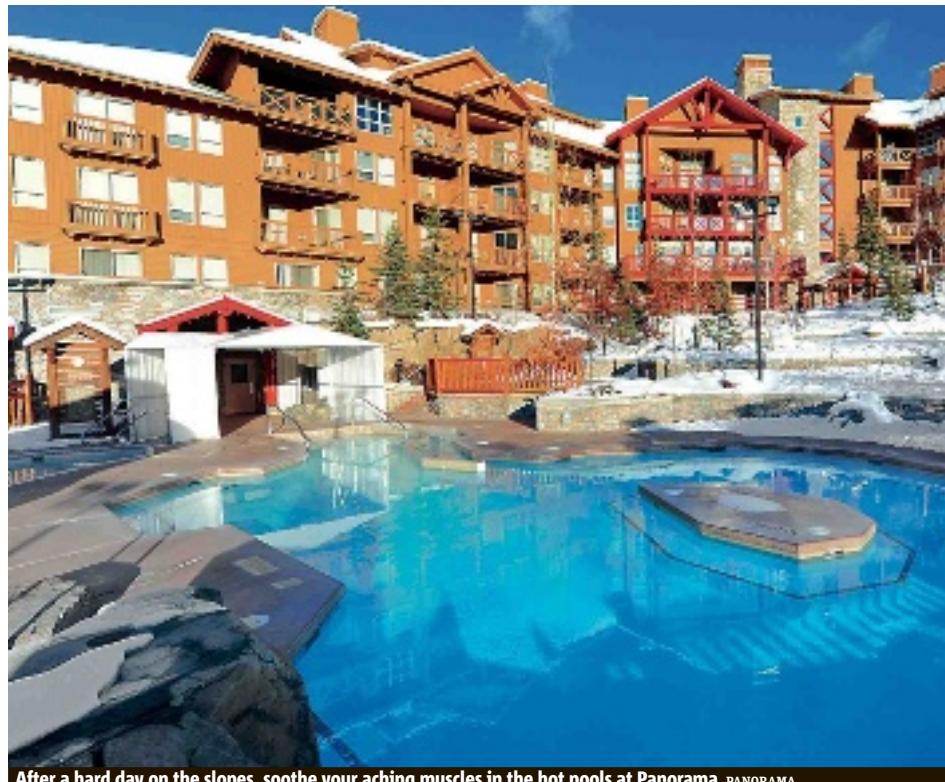
Panorama. From hardcore powder hounds to high-end dining aficionados, this B.C. mountain resort has something for everyone

KATHY
BUCKWORTH
life@metronews.ca

Located a scenic four-hour drive northwest from Calgary Airport, Panorama, B.C., is a unique ski resort destination that has something for the whole family, including its signature panoramic views.

With a 4,000-foot vertical, 2,800 acres of terrain, over 120 trails, two bowls and two terrain parks, there are plenty of gentle green and more challenging blue runs for beginners and experienced skiers to warm up on before hitting the tough double black diamond Taynton Bowl. Panorama is on the lighter side of the so-called Powder Highway and conditions can vary.

One hundred per cent slope-side accommodation makes it easy for families to take a quick walk to the high-speed quad lifts at the bottom. Families can choose from studio, one, two, and three bedroom suites with kitchen facilities and fireplaces.



After a hard day on the slopes, soothe your aching muscles in the hot pools at Panorama. PANORAMA

The new PanoPass is included in every lift ticket and provides for unlimited skiing, snowboarding, cross-country skiing, tubing and tobogganing.

The PanoKids ski school has instructors for all ages and levels. After a hard day on the hill, the hot pools are filled with adults soothing aching muscles and kids enjoying water play outdoors in the middle of the winter. Panorama has the largest

slope-side pool collection in Canada.

There are a variety of food options including the Great Hall for basic food fare, while the TBar & Grille menu includes pub staples like chicken wings and nachos during the day, turning into the "party bar" in the evening. The Wildfire Grill has a moderately priced menu perfect for a family night out. The Earl Grey Lodge's restaurant is a

gourmet food lovers delight. Or, shop at the General Store for snacks or to prepare your own meals; grab a bottle of wine at the village liquor store as well.

Hearty types who make it up to the Summit at the top of the hill can enjoy chili, bison burgers and more for the hungry midday skier. Be warned to use the outside washroom before taking off your ski outerwear and warming up by the

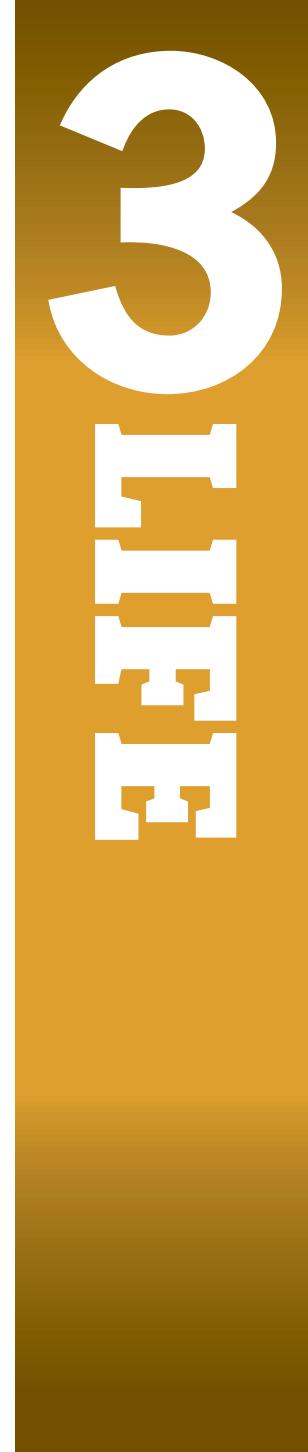
Panorama quick facts

- **Average winter temperature.** -5 C
- **Longest run.** Is 5.5 km and is Never, Never Land in the Taynton Bowl
- **Trails.** 120 named trails
- **Average snowfall.** 479 centimetres
- **Ski season.** December until April

wood fire.

Heli-skiing is offered by Rk Heliski, which has been flying skiers for 44 years to over 120 organized landings, over 1,500 square kilometres. Skiers and boarders are given a hearty breakfast at Choppers Landing prior to beginning their safety training and flight up. Rk also offers a fondue experience which has diners fly to The Summit for a cheese, meat and chocolate fondue meal before either flying back down, or skiing off some of the meal.

Panorama's tag line — "Getting to Panorama is easy. Leaving is the hard part" — weighs true for the many travellers who fly WestJet into Calgary. Arrangements can be made for one of two daily free Panorama shuttles, or rental cars are available at the airport.



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Your trip to a life-changing light show

Yellowknife. Tourists around the world flock to Canada's north to witness one of nature's lovely miracles

A van picks up a score or so of tourists from a Yellowknife hotel and heads off into the night, destination wonderment.

"The aurora is one of our dreams," explains Kazna Mori of Japan, who's come to these silent, snowy woods outside of the northern capital in hopes that on this night the northern lights will dance for her.

"It's a dreaming thing," she says. "It's a miracle thing."

She's one of a few dozen visitors this night to Aurora Village, a collection of wood-heated teepees and other facilities about a half-hour's drive into the boreal forest, where the only competition for the aurora borealis comes from the stars and the moon.

For 10 years, the village has welcomed viewers to one



A particularly good aurora is greeted like a rock star, according to locals in Yellowknife. GETTY IMAGES

of the best borealis-watching sites in the world, favoured by its inland geography and position under the aurora ovals where the celestial lights have their origin far above the earth.

"A good night, you're totally in awe," says Steve Herrett, who's been hosting visitors

here for eight years.

"My mouth falls open and my head goes back. It can make you feel so minuscule and tiny, it's so powerful. You feel gifted to experience something like it."

Most of the visitors are from Japan and Taiwan, says Herrett. China is a growing

source, with even a few Canadians starting to take an interest in the light show in their own northern backyard.

A particularly good aurora, with vast veils of green and pink furling and rippling across the sky, is greeted like a rock star.

"All the girls start scream-

ing," Herrett says. "They're just so excited. It's almost hysteria."

And yes, sometimes you can hear the aurora.

"I've heard them once," says Herrett. "It sounds like static electricity, a little bit of a crackling sound."

He says some scientists sug-

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Trend

The eco-holiday

The world is your sustainable oyster. Websites and travel agencies like Eco Tour and Holidays for Humanity are gaining travel ground. Aqua Nicaragua Resort, for example, is designed as a tree house to minimize impact on the forest floor. Check out holidaysforhumanity.com and ecotourdirectory.com. DOUG WALLACE/METRO



How-to

Breeze through airport security

1. Eliminate pocket fishing by putting everything in your jacket first thing in the morning, including jewelry.
2. Pack your belt in the carry-on, unless it's actually keeping up your pants.
3. Wear loafers so you don't have to deal with shoelaces or boots.
4. Check out NEXUS at cbsa-asfc.gc.ca. DOUG WALLACE/METRO

Quick facts

- **Did you know?** Lights can be seen at both the North and South pole. They are called aurora australis in the south.

- **What causes the lights?** The beautiful light show is the result of a collision between charged particles from the sun's atmosphere and gaseous particles in the Earth's atmosphere.

gest it's not a sound at all, but a resonance the aurora actually produces within the human body.

It's about -20 C this night, mild by the standards of Yellowknife in January. But Aradhna Kaur of Singapore has never worn so many clothes. "Absolutely not," she says with a laugh, flexing the bulky sleeves of her village-provided parka. "It's odd, but interesting." THE CANADIAN PRESS

Whistler: For billionaires and backpackers

Ballin' and budgeting.

Metro's Loren Christie enjoys one of Canada's top ski destinations in two very different ways



ON THE
MOVE
Loren Christie
life@metronews.ca

I recently checked out Whistler Blackcomb, both as a prince and a pauper. What could one day of skiing cost you at Canada's premier ski resort? Well it depends... somewhere between \$250 and \$10,000.

High roller — From Vancouver International Airport it's a quick shuttle to the Helijet terminal. My five-passenger helicopter ride to Whistler cost \$3,590 or \$718 per person if you are fortunate enough to have fellow travellers.

Budget conscious — Look



Hitting the slopes at Whistler can be affordable. TOURISM BC

for the Pacific Coach Lines shuttle bus just outside the airport's International Departures Area. After \$72 and a brief stop in downtown Vancouver, it's a three-hour drive to Whistler Village.

High roller — The opulent yet cozy presidential suite at the Four Seasons Resort & Residences Whistler will set you

back at least \$3,000 a night. Budget conscious — Once used to house athletes during the 2010 Winter Games, the Hostelling International hostel at Cheakamus Crossing is an affordable \$39 a night. My cheery room came with three bunk mates and a shared bathroom.

High roller — Who better

to give me a lesson as I hit the slopes than an Olympian? I spent my day with Britt Janyk, one of several athletes who participate in the Snow School's exclusive Ski With an Olympian program. Cost: \$899 plus lift ticket.

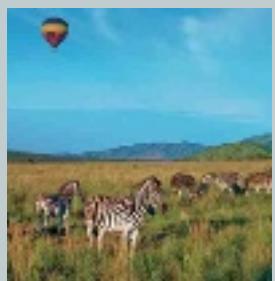
Budget conscious — Head to the top of the Whistler Village

Gondola for your complimentary tour of the mountain with a mountain host. Offered daily, don't expect a ski lesson, but do expect to get your ski legs by getting oriented around this massive ski resort while hearing some local lore. Lift ticket packages vary in cost, but plan to pay \$100.

High roller — Araxi Restaurant & Bar is reputedly Gordon Ramsay's favourite restaurant in Canada. During the Olympics, medalists were invited to come in to this award-winning Whistler favourite for a glass of champagne. My five-course meal included B.C. sablefish and saddle of rabbit. Cost varies, but expect to pay \$150 per person.

Budget conscious — When you enter the Whistler visitor centre, head to the back of the circular building and meet Rosie. The owner of Sushi to Go may barely eat sushi herself, but her creations are legendary in the village. A few pieces of sushi and a dynamite roll cost me \$12.

Bucket List



WAYNE PRITCHARD

South Africa made affordable

While an African safari may seem like light years from reality, South African Airways has made it more accessible with a package starting at \$3,000 that includes flights (from New York or Washington D.C.), four nights at the incredibly cool Protea Hotel Fire & Ice in Cape Town and three nights at remote Shepherd's Tree Game Lodge in Pilanesberg National Park north of Johannesburg. A tour of the Cape Peninsula and a safari tour of the Pilanesberg Game Reserve are also covered. Go to flysavacations.com.

DOUG WALLACE/METRO

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Kanata
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(613) 831 9100

Ottawa West
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Where the Breezes are always warm

Bahamas. The Bahamas is a mix of the familiar and exotic

MATT PRIGGE
Metro World News in New York

The bitter cold reality of the dark life in the north early in the new year dares you to flock elsewhere.

So it's not surprising that the peak season for the Bahamas, and those lands in the adjacent Caribbean, lies in the bleak mid-winter.

The glut of tourists from North America has made for a curious culture.

On one hand, those who live and work in the Bahamas year-round maintain the Arawak lifestyle that links them with South America.

On the other, they've made room for North American things.

Indeed, Bahamian Independence Day is only a few days after its American



Forget all your northern troubles as you relax poolside in Nassau. CONTRIBUTED

equivalent. Because tourism is the islands' No. 1 economic driver, they celebrate both, one right after the other, for one crazy bash.

The Bahamas teem with fancy hot spots, especially in the capital city Nassau, located on the island of New Providence.

It's here that James Bond has returned again and again, including in his maiden voyage, Dr. No.

Breezes Bahamas was the first of what are still only three all-inclusive resorts on Nassau, and it remains one of the best deals, which is to say it's more affordable than

most.

This isn't a sleek castle that protects one from everything but the weather and beach time. It's a getaway that tries to keep you close to island life.

At Breezes, there are the expected multiple pools, beachfront hang spots and

an ever-flowing parade of Girl Drink Drunk cocktails whose names you'll quickly forget. But there's also Kalik, the Bahamas' most cherished local beer, a refreshing, fruity brew named for the sound produced by two smacked coconuts.

The mix of local and fami-

Quick facts

- **Average temperatures.** The daily average temperature in the winter is in the mid-20s, falling to high teens at night.
- **What about hurricanes?** Hurricane season runs from June to November, with the height being during the month of October.

iar is also reflected in the food. The two fancy restaurants and the all-day buffet sling continental food, but slip in Bahamian delicacies and twists on American standards.

You'll have to go off-site to take in the country's most cherished foodstuff: conch salad, a refreshing, filling mix of peppers, tomatoes and the white, tangy meat pulled from shells, topped with a liberal squeeze of lime juice. A bowl of the stuff will run you \$10 US. We recommend the one from Twin Brothers.



Meghan Agosta-Marciano, Two-time Olympic Gold Medallist, Hampton Inn Jericho - Westbury

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TOTAL
ABOUT 30
MINUTES

Hearty soup is an ode to Canadian-grown legumes



DINNER EXPRESS
Emily Richards
food@metronews.ca

Legumes such as lentils are grown in Canada and are a delicious and easy way to add fibre and protein to your dishes.

This soup can easily be doubled for a large crowd or you can use up half and freeze the other half in smaller portions for lunches or dinners later in the month.

1. In a soup pot, heat oil over medium heat and cook onion, celery, garlic and Italian seasoning for about 5 minutes or until softened. Add lentils and stir to coat well.
2. Add broth, water, ham and

FLASH FOOD

From your stove to your table in about 30 minutes



red pepper; bring to boil. Reduce heat and add tomatoes. Cover and simmer for 30 minutes or until lentils are tender. Stir in parsley.

Biscuits

Make some yummy biscuits to serve up with your soup. This recipe yields about 12 of them.

1. Whisk together flour, granulated sugar, baking powder and salt. Cut in cubed butter until mixture resembles coarse crumbs. Drizzle over milk, stirring with a fork

Ingredients

Soup

- 2 tsp (10 ml) canola oil
- 1 onion, chopped
- 1 large stalk celery, diced
- 3 cloves garlic, minced
- 1/2 tsp (2 ml) Italian herb seasoning
- 1 cup (250 ml) dried green or brown lentils
- 1 box (900 ml) sodium reduced chicken broth
- 3 cups (750 ml) water
- 4 oz (125 g) thinly sliced black

forest ham, finely chopped

- 1 red bell pepper, diced
- 2 tomatoes, seeded and diced
- 2 tbsp (25 ml) chopped fresh Italian parsley

Biscuits

- 2 1/2 cups (625 ml) all-purpose flour
- 2 tbsp (30 ml) granulated sugar
- 1 tbsp (15 ml) baking powder
- 1/4 tsp (1 ml) salt
- 3/4 cup (175 ml) cubed butter
- 1 cup (250 ml) of milk

Cooking tips

• There are different varieties of sodium-reduced and lower-fat sliced black forest ham options you can use in the soup. But using ham that's been chopped allows for distribution throughout the soup. This is also a great recipe to use up leftover roast ham.

• You can substitute 2 cans (19 oz/540 ml each) lentils, drained and rinsed for the 1 cup (250 ml) of dried lentils and reduce the cooking time to 15 minutes.

• Store your lentils in a resealable glass jar. Not only will it look great, but you will also see them and use them more often.

to make a soft, slightly sticky dough.

2. On a lightly floured surface, knead dough gently about 10 times. Pat dough into 1/2 inch (1 cm) thick square. Using floured knife cut into 12 pieces. Place on ungreased baking sheet. Brush tops of biscuits with a bit more milk. Bake in preheated 425 F (220 C) oven for about 12 minutes or until golden.

Give borscht a rounded body

Borscht is woefully underappreciated in North America. This classic dish is not only a great way to eat a ton of vegetables, it also can be incredibly delicious.

But it generally has a bad reputation. People think of it as a cold, stringy and mostly bland soup. While it can be served cold, that's by no means the rule. And as for the stringy and bland part, no way. Borscht can get a stringy or mushy texture only if it's overcooked.

And if you've had a bland borscht, you just haven't had a

good one. The key is to start it off right with a nicely sautéed onion and spicy pork sausage. They add tons of flavour and a great hit of protein that makes this a substantial soup that can stand in as full meal.

Dill and fennel seeds also amp the flavour. Round it out with fresh dill and sour cream, and you'll learn to love borscht.

1. In a large saucepan over medium-high, heat the oil. Add the onion and cook until just starting to brown, 3 to 5 minutes. Add the sausage and

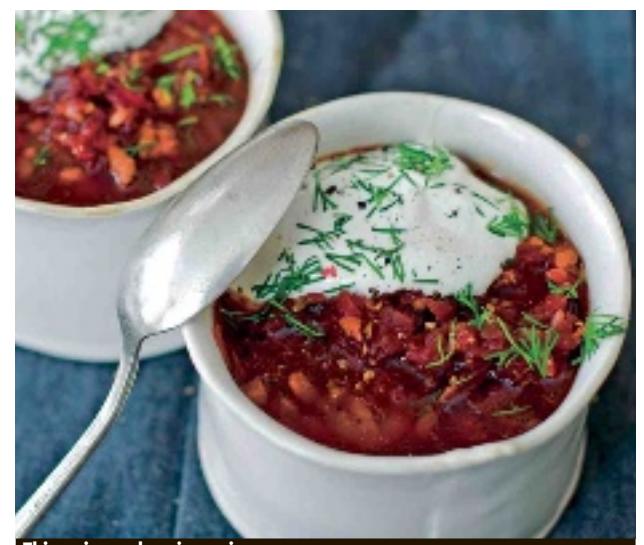
cook, breaking it up, until lightly browned, 3 to 5 minutes. Add the fennel and dill seeds and cook for another 30 seconds. Add the stock and bring to a simmer.

2. While the stock heats, fit a food processor with the large grating attachment. Grate the beets. Add the beets and any liquid in the processor to the pan. Bring to a simmer and cook for 5 minutes. Season with salt and pepper. Ladle into bowls and serve topped with sour cream and dill.

THE ASSOCIATED PRESS

Ingredients

- 1 tbsp olive oil
- 1 large red onion, thinly sliced
- 1 lb loose spicy pork sausage meat
- 1 tsp fennel seeds
- 1/2 tsp dill seeds
- 1 quart beef stock
- Three 15-oz cans beets, drained
- Salt and ground black pepper
- Chopped fresh dill, to serve
- Sour cream, to serve



This recipe makes six servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

Balance 'what can I get for you' with 'when's that paper due?'

Cash between classes.

There are many advantages to working while you're in school. Find a good employee-student balance and make the most of that extra income

RIANA
TOPAN
TalentEgg.ca

Working part-time while in school is an excellent way to offset some of your tuition, textbook and housing costs.

However, it can be challenging to juggle a job on top of an already-busy student schedule.

Here are some suggestions for how to balance a job along with your studies.

Stay organized

Planning out your schedule is the most important step to ensuring that you stay on top of your schoolwork and your job. Use a calendar that's connected to your email or one that you can download to your computer — or opt for a paper agenda. Whatever you choose, use your planner to schedule in class times and deadlines, shifts at work, time for studying, errands and exercise, social activities and any other commitments you have.

Seeing your schedule laid out like this will help you to manage your time

well and plan in advance to make sure you don't let anything fall off your radar.

Be proactive about deadlines

Try setting "fake" due dates for yourself for assignments and exams a couple of days ahead of the real deadlines and aim to have your essay, report or studying completed by the earlier date.

Following this method, you'll always have a buffer period if you fall behind or you can use that time to review your notes again or proof-read your assignment one last time.

You should also start working on projects as soon as you get them. Not only will it help you to get a good sense of how much time you need to set aside to complete the assignment, it will also eliminate the anxiety that comes with a looming deadline for something you haven't started yet.

Be honest with your employer

Make it clear that your job is important to you but that your studies ultimately have to come first.

Your boss should already expect this and he or she will probably appreciate your dedication to your education.

Of course you'll still need to make sure you're still making your job a priority, however you can make things a little bit easier on yourself by arranging your working schedule around exams or assignments well



Let your manager know that while you're dedicated to your side job, your education invariably comes first. iSTOCK

in advance.

You should also be up-front with your employer about how many hours you are able to work each week without jeopardizing your schoolwork.

Offer to work a little extra during peak times. Employers will be more respectful of your schedule if you are respectful of theirs.

Treat your job like you treat school

Take your job seriously. Even though it's secondary to your education, you still

Give a little, get a little

Offer to work a little extra during peak times — employers will be more respectful of your schedule if you are respectful of theirs.

need to give it your best effort.

Work hard to learn the job and perform well. Work will be less stressful, your employer will be more will-

ing to give you a good reference when all is said and done and you'll be able to take pride in your work.

But don't let yourself burn out

Be honest with yourself about what you can realistically handle. Not everyone can manage working while in school and taking on too much could mean you end up neglecting your studies. To prevent this from happening, make sure you give yourself a break every now and again. It's important for

Work hard, study hard

Treat your schoolwork like you treat your job:

- One of the hardest things about balancing course work as a student is time management, because there's no one watching over to make sure you don't procrastinate.
- When you're studying, act like you're at work: every minute counts, so make sure you're using your time wisely. You have to become your own boss — you should hold yourself to the same high standards an actual employer would.

your physical, emotional and mental health.

It's expected that you'll have to forego some social activities but that doesn't mean you have to deprive yourself of all kinds of fun.

Take a night off occasionally to see friends and maintain relationships with the people you care about. And schedule in some personal time every once in a while too, to give yourself a chance to catch your breath, check in with yourself and make sure your stress levels are manageable.

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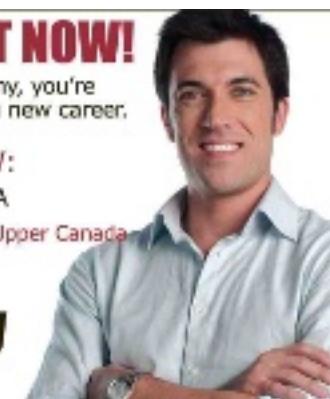
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You have a dream of working with a team of people from different cultures and backgrounds. You want to jump on the red eye to have meetings in Paris, New York and Tokyo. Essentially, you want to find a dream job in an exciting foreign city. Great, so where do you start? It all starts with a dream ... and a ton of research.

The dreaming phase

In order to get to where you're going, you have to know your destination. Crafting a vivid picture of where you want to be working and how you want to be living will give you a stronger sense of direction, inspire momentum and ignite action.

Think about it

Write down your answers to the following questions

- What intrigues me most about living and working abroad? List experiences and places that immediately come to mind.
- How could the experience enhance my skills and marketability?
- What types of people do I love to be around? In which industries can I find these people?

trends in your thoughts and desires, then leap into the next phase.

The research phase

There are pros and cons to any location and a fulfilling international assignment is based on matching your objectives with a destination that can help you meet them. In order to discover a good match, there are a few things you should consider researching.

Work visas and permits

You can easily shortlist your dream destination list by learning where Canada has bilateral youth mobility agreements for Canadians age 18-35 years old.

Cost of living and your budget

Think about your budget. Determine your monthly budget by listing expenses you expect to incur, then compare the costs in your new dream destination.

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Nesbitt ready to soldier on in Sochi

Winter Olympics.

While her body has been saying no, Ontario speedskater says she's ready to go

Innumerable turns around the oval over a 16-year career have taken their toll on Christine Nesbitt.

The human body, she'll tell you, isn't made for constantly moving in a bent-over position.

Saying she's dealing with "body issues," the Olympic gold medallist has struggled to find her form this past fall. One of the finest female long-track speedskaters ever produced in a country that has churned out some remarkable ones, was finishing well off the World Cup podium.

She was hesitant to delve into specifics about her ailments during a news conference Tuesday — she prefers to focus on the here and now — but she said they were the result of many years in the sport.

"I've been at a high level of competition for a number of years, and just speedskating is a very unnatural position," she said. "There's a reason that people don't speedskate for fun recreationally when they're 50. It's just a really hard sport on your body. I love it and it's fun, but when you're telling your body to do something and it's unable to do it ... that's basically what was happening."

The 28-year-old from London, Ont., won gold in the 1,000 metres at the Vancouver Games, and it was after 2010 that her skating career really took off. The eight-time world champion



Olympic speedskater Christine Nesbitt of London, Ont., is reflected in a television screen as she speaks with reporters in Sochi, Russia, on Tuesday. PATRICK SEMANSKY/THE CANADIAN PRESS

Did you know?

The clap skate revolutionized speedskating in the mid-1990s, helping lower world records considerably. The skates are hinged to the front of the boot and detach from the heel, allowing a more natural range of movement. The blades are about one millimetre thick and come in lengths from 13 to 18 centimetres.

Ageless wonder

42
Germany's Claudia Pechstein, pictured, will turn 42 during the Olympics, her sixth. She owns nine career medals and will try for a 10th in the 5,000 metres.

seemed almost unbeatable en route to her No. 1 world ranking in the 1,000 and 1,500 metres in the 2011-12 season.

But when she should have been rounding into form this past fall for her third, and perhaps best,

Olympic appearance, her body betrayed her. She finished seventh and 10th at a World Cup in Calgary in November, and admitted she'd been dealing with tightness in her back, and then finished 12th, 13th and 15th at a World Cup in Salt

Lake City.

Nesbitt was also diagnosed with celiac disease last spring, which is caused by a reaction to a gluten protein found in wheat, and similar proteins found in other grains such as barley and rye.

Nesbitt has a busy schedule in Sochi, racing in the 500, 1,000 and 1,500 metres and the team pursuit at the Adler Arena oval as the leader of a young Canadian squad.

She believes, despite the rough patch, she's still in the medal hunt.

"I think that for sure I'm not a favourite I'd say, but if I skate the way that I know how to skate and if I'm confident in myself, I can race to the level that I have raced at in previous seasons," she said. THE CANADIAN PRESS

Accommodations

Small beds, rooms for big NHL stars

It's not a Motel 6, but it's a far cry from the Ritz-Carltons and other luxury hotels Sidney Crosby and his teammates are accustomed to.

The men's hockey team will have stunning views of the Black Sea, but their accommodations at the Olympic village in Sochi are basic — two or three players to a room, sleeping on twin beds and sharing a bathroom.

There is no special treatment for these NHL superstars. When they arrive next week, they'll bunk in the dorm-style rooms, just like the rest of the Canadian athletes.

THE CANADIAN PRESS

NHL

More games slated for TV

Clear your schedule, sports fans: There's about to be a lot more hockey on television.

Nearly 500 regular-season games will air in Canada as part of the blockbuster 12-year agreement between Rogers Communications and the NHL.

That's a jump of more than 400 per cent from the number of games shown during the regular season on CBC, which currently holds the broadcast rights.

THE CANADIAN PRESS

Scotties

Homan goes for 6-0 record

Ottawa native Rachel Homan's Team Canada improved to 5-0 at the Scotties Tournament of Hearts on Tuesday in Montreal with a 10-5 win over Alberta's Val Sweeting (4-2).

Homan faced Nova Scotia's Heather Smith in Tuesday's evening draw. Go to metronews.ca for coverage. THE CANADIAN PRESS

24/7

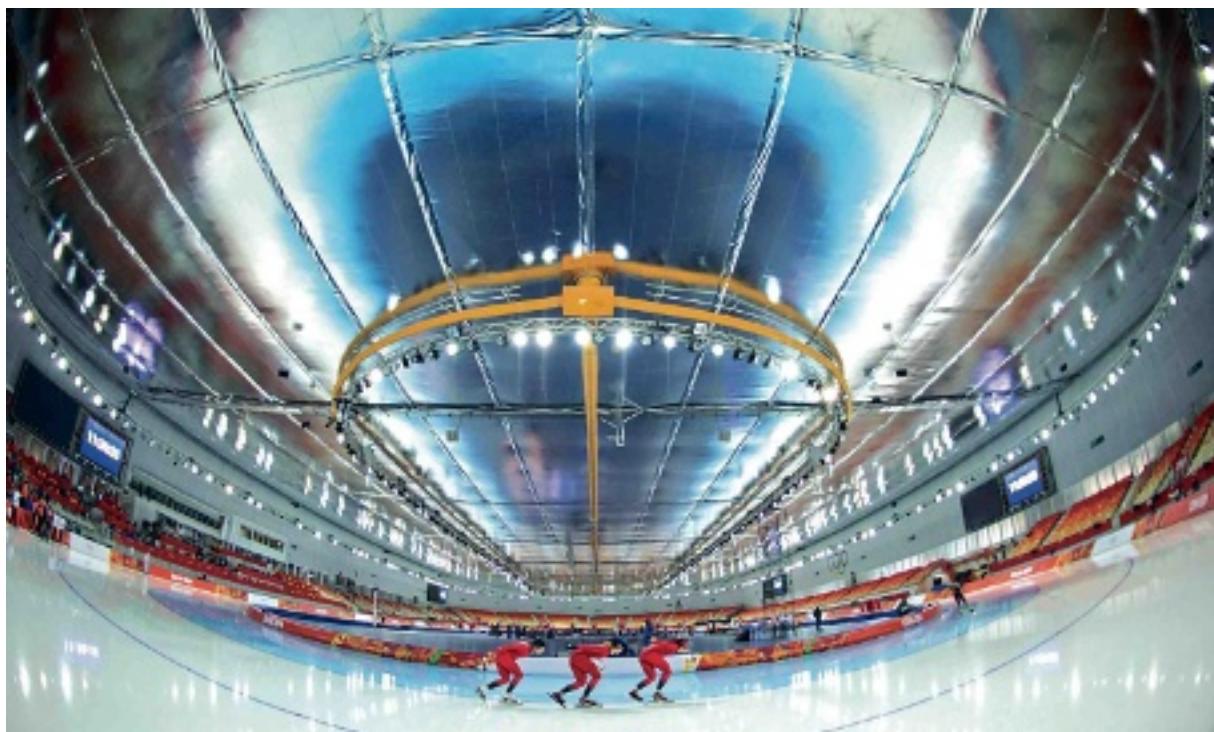
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Norwegians cruise lines on Olympic oval

Members of the Norwegian speedskating team round the track at Adler Arena Skating Centre ahead of the Winter Olympics on Tuesday in Sochi, Russia. The men's 5,000 metres will kick off speedskating events on Saturday. PAUL CHIASSON/THE CANADIAN PRESS

Early bird gets the ice on foreign soil

Figure skating. Patrick Chan arrived in Sochi last week so he could work out kinks

On Patrick Chan's first full day in Sochi, he misjudged the length of the walk from his room to the gym, and the length of the bus ride to the rink.

The three-time world champion ended up missing his first practice.

But the 23-year-old from Toronto — and self-professed creature of habit — arrived in Sochi several days ahead of the other skaters to iron out the kinks early, and the decision, he said, paid off.

"It's been quite an adventure," Chan said at a news conference Tuesday. "That was the reason I came early, so that I could get in that routine and make this here in Sochi a training environment for me, so it will be easy for me to start competing and feel at ease and calm on the ice."

"Having those days where I missed the practice, that's



Patrick Chan speaks with his coach Kathy Johnson during a figure skating practice session on Monday in Sochi, Russia. MARK BAKER/THE ASSOCIATED PRESS

where I really learned about time management."

His early arrival last Friday also meant he had the ice all to himself for the first couple of days, a "huge advantage" for the skater who hopes to claim Canada's first ever Olympic gold medal in men's singles.

"In my whole career I haven't had a practice on my own in all the Grand Prixs I've been to," Chan said. "Who would imagine at the Olympics I'd have ice on my own? It was a huge help because at the

end of the day when I compete I'm on my own, I'm on the ice on my own; there's nobody else on the ice."

"I really enjoyed it, also the fact I could play my music as many times as I wanted."

Chan has been the skater to beat since winning three consecutive world titles. At the Trophee Bompard Grand Prix in November, he ran away with gold, smashing the world records in the short and long program and for overall score

Did you know?

The IOC has added a team competition in 2014 to the familiar medal events of men's and women's singles, pairs and ice dance. Ten countries will take part, combining the scores of their entries in the four disciplines.

West's best

7/10

Russian or Soviet skaters have won seven of the 10 gold medals in the ice dance, but London duo Tessa Virtue and Scott Moir will be on hand to defend their titles.



to finish a whopping 31 points ahead of second-place Yuzuru Hanyu.

THE CANADIAN PRESS

Team Canada antsy to start title defence

Three days after arriving in Sochi, Canada's women's hockey players couldn't wait to get on the ice for their first pre-Olympic practice.

"Everyone was getting pretty antsy," defenceman Catherine Ward said. "We wanted to get out there. We were sitting by the boards waiting to finally step on."

It finally happened Tuesday as Canada spent about an hour shaking off the effects from their journey to Russia and the rust that had built up from a few days off. Even though goaltender Shannon Szabados said this was the longest the team had gone without practising since August, coach Kevin Dineen considered it a smart decision to wait.

"There was (a) little itch by us as a staff to get the team on the ice, but at the end of it, we felt that it was time well spent off the ice getting acclimated to the area," Dineen said. "It was a good Day 1 for us on the ice."

If past history is any indication, there will be a lot of good days in the next few weeks for Canada, which has consistently been favoured in these tournaments. Barring something unexpected, the United States is the only real competition, and even some of Canada's recent exhibition struggles against the U.S. hasn't lowered the expectation.

"We expect from ourselves to win," captain Caroline Oullette said. "It's no different than any other years and every other Olympics. That's what every athlete that is here wants and that's why we're here."

Szabados said it was the same level of pressure as Van-

Did you know?

In order to boost competition in a sport that has been dominated by Canada and the United States, the women's hockey format was changed this year. The round-robin features a guaranteed grudge match between the North Americans, and a chance for them to earn a bye through to the semifinals.

Phenomenal Finn

41-0

Finland goalie Noora Raty was 41-0 at the University of Minnesota, leading her team to a second straight college championship.



couver four years ago because "as a hockey player playing for Canada, I think your country expects gold just based on the history of Canadian hockey, as they should."

But there are some more difficult circumstances this time, most notably switching coaches from Dan Church to Dineen two months before the start of the Olympics. Oullette doesn't consider that a major disadvantage because Canada, which is looking for a fourth straight gold medal, kept the same system through the transition.

THE CANADIAN PRESS



Team Canada's Hayley Wickenheiser walks to the practice rink with co-coach Danielle Goyette on Tuesday in Sochi, Russia. ADRIAN WYLD/THE CANADIAN PRESS

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ON TOP WHERE IT BELONGS



Audi A3 is an affordable luxury



PHOTO: WHEELBASEMEDIA.COM

Review. Times have changed: your budget no longer determines your brand

MALCOLM GUNN
wheelbasemedia.com

Audi is fueling the small-sedan craze with the next-generation A3 and the timing couldn't be better.

Big-luxury-car buyers, it seems, are finally discovering what many people have known for years: that driving small sedans can be lots of fun, especially when they come with plenty of amenities and are more cost- and fuel-efficient.

Catering to this emerging segment are Germany's primary builders of upscale rides. Mercedes-Benz recently jumped into the luxury-compact pool with the 2014 CLA 250 sedan. The BMW 1-series (soon to be the 2-series) is in the mix, but until the forthcoming four-door 2-series Grand Coupe arrives in a couple of years you'll have to settle for the two-door version.

The A3 brand has been available in North America since the 2006 model year, but only as a wagon. This spring, however, Audi will sell a brand new A3 sedan, followed by cabriolets (convertibles) and better-performing S3 models. Also in the pipeline is the A3 e-tron electric plug-in hatchback hybrid that is expected to arrive in about a year.

Along with a different body, the A3 has been given a new platform that pushes the front wheels forward by about four centimetres when compared to the previous wagon. That helps out in the passenger-space department, as does a nearly-five-centimetre gain between the front and rear wheels. Overall, the A3 is more than 15 centimetres longer (and slightly wider) than its predecessor.

Initially, the A3's powertrains will consist of a turbocharged 170-horsepower, 1.8-litre four-cylinder, with a turbocharged 220-horsepower 2.0-litre four-cylinder on the option sheet. By the end of the year, a 150-horsepower, 2.0-litre, turbo-diesel will be added as well as a more powerful version of the 2.0 gas engine

2015 Audi A3

- **Type.** Four-door, front- / all-wheel-drive compact sedan
- **Engines (hp)** 1.8-litre DOHC I4, turbo (170); 2.0-litre DOHC I4, turbo (220)
- **Transmissions.** Six-speed automated manual
- **Base price (incl. destination).** \$33,100

for the S3 that generates about 290 horsepower.

The standard six-speed, automated-manual transmission delivers fast shifts, while Quattro all-wheel-drive is offered with the 2.0 gas engine.

An integral part of the A3's drivetrains is Audi's drive select system with four distinct settings ranging from normal to sporty for the transmission shift points, throttle sharpness and power-steering effort and feel.

In addition, the standard stability control (which prevents skids and spins) features an electronic differential lock

Design

The A3 sedan pretty much sticks to the A4 and A6 styling script with a long hood and short rear deck plus sharp sheet-metal creases in between to keep things interesting. It's the kind of design that never seems to go out of fashion.

Interior

Inside, the car displays Audi's usual attention to detail. The standard pop-up seven-inch-diagonal control panel/navigation/infotainment display screen does seem out of place, but most reputable automakers are installing them along with twist-and-turn console-mounted controller dials to reduce dashboard button clutter.

graphics, LED headlights and a Bang & Olufsen sound package that's usually found in models costing more than twice that of the A3.

The A3's most appealing quality, however, might be its ability to mimic its larger stablemates in looks and features while maintaining an attractive entry price. Even lavishly equipped, the A3 could easily be had in the low-\$40,000 range, which is the upper threshold for more mainstream sedans that lack the cachet or the performance prowess of this modestly sized Audi.

Compare



1 Acura ILX
Base price: \$30,000



2 Cadillac ATS
Base price: \$37,000

5
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Paul Walker lived fast, gave generously

Autoknow. Was there ever an actor who was synonymous with pop car culture on such a large scale? It's doubtful there will be another.

TODD D.
BURLAGE
wheelbasemedia.com

Perhaps we've all been in over our heads at one time or another. The thing is that most of us live to tell about it. Most of us.

Sometimes all hell breaks loose. The car crashes at more than 150 kilometres per hour. Lives shatter.

Driver Roger Rodas and Paul Walker died Nov. 30 on what was shaping up to be just another cruise on a sunny California day.

Walker, 40, the passenger in a red 2005 Porsche Carrera GT, and Rodas, his friend and business partner, had departed from a charity event. Minutes later both men were dead in a single-vehicle crash.

How it happened and who was to blame all seems irrelevant when it doesn't change the outcome. Rodas, 38, an accomplished racing driver, left behind a wife and two children.

And Paul Walker, best known as the hero of the Fast and Furious movie franchise, is survived by his 15-year-old daughter, two sisters and two brothers.

It was a shock to fans and a tragic ending to what had been a fast life that was often built around four wheels.

Born, in Glendale, Calif., Walker, who began modeling as a child before hitting the big-time on the big screen, was a chart-topper and a heartstopper for plenty of women across decades.

Along with increasingly significant acting gigs (Pleasantville, 1998 and Varsity Blues, 1999, for example), Walker as a youth was supported by a meaningful family structure. He attended a Christian high school in San Fernando Valley, where everyone knows everyone else and friendships are forever.

Following graduation he formally pursued his passion for studying marine life.

He also loved cars. Walker-family DNA apparently includes a gene for gearhead. Both his grandfather, who raced factory cars for Ford, and his father planted seeds



Walker (centre left) played Brian O'Connor in the very popular Fast and Furious movies. BOTH PHOTOS WHEELBASE

Quoted

Walker was widely known for his philanthropy and humanitarian pursuits, including having founded his own relief organization.

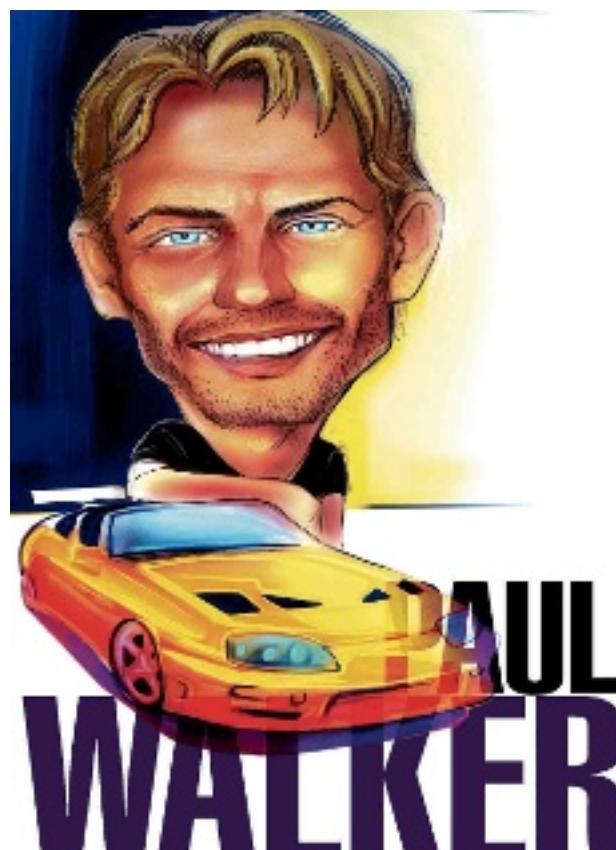
that Walker cultivated into obsession. And that was before The Fast and the Furious (2001) movie character of Brian O'Connor.

The film's makers said Walker, then only 28, was like a modern-day Steve McQueen. Sparkling blue eyes, 6'2, and a man who could go from a flashy smile to a stern deadpan look at the drop of a hat.

Fans took notice and Walker caught a break: the original Fast movie wasn't supposed to be a blockbuster, but suddenly he was a superstar who was branching out and doing other projects such as the sled-dog movie Eight Below (2006). At the time of his death, filming of the seventh Fast and Furious movie was wrapping up.

Franchise, fame and fortune were his.

He pretended not to notice. In interviews and public statements he eschewed the Hollywood party scene, like its ubiquitous seduction had no hold on him. He was his



Paul Walker was swept up in a movie franchise that spoke to a generation of young action lovers and car enthusiasts. Popularity grew stronger with each successive movie, which is rare. When Walker died, the seventh film in the series was wrapping up.

own man.

He loved other things, such as marine biology. He starred in a National Geographic film called Shark Men in 2010. He also held a

brown belt in Jiu-Jitsu.

However, he was best known, publicly, for his movie roles that portrayed speed, and a big part of his personal life was centered

Quoted

He was his own man. He loved other things, such as marine biology. He starred in a National Geographic film called Shark Men in 2010. He also held a brown belt in jiu-jitsu.

on it, including a healthy collection of cars. He also competed in racing events.

But the fast lane isn't the safest place to travel and sometimes it can bite.

Rodas was Walker's financial advisor, a former racer and ran a performance shop that Walker owned.

On that fateful day, it likely didn't help that the \$500,000, 600-horsepower Porsche that Rodas, a former racer, was driving was a supercar capable of more than 300 km/h. Reports cleared the Carrera GT of any mechanical issues, but Rodas was driving in a San Fernando Valley suburb at more than 160 km/h when the crash occurred.

Merely along for the ride that day, Walker made no effort to hide his addiction to speed. The kinds of cars he owned, the number of them, and the interviews in which he openly disclosed his acceptance of risk, all point to

the late actor's yin and yang.

Speed was in his blood, but on the other hand, even before there was a need to memorialize him, friends and colleagues characterized Walker as generous, humble and compassionate. Plenty of evidence supports their claims.

Walker was widely known for his philanthropy and humanitarian pursuits, including having founded his own relief organization.

He personally volunteered in Haiti, Chile, and the Philippines, as well as many domestic locations devastated by natural disasters.

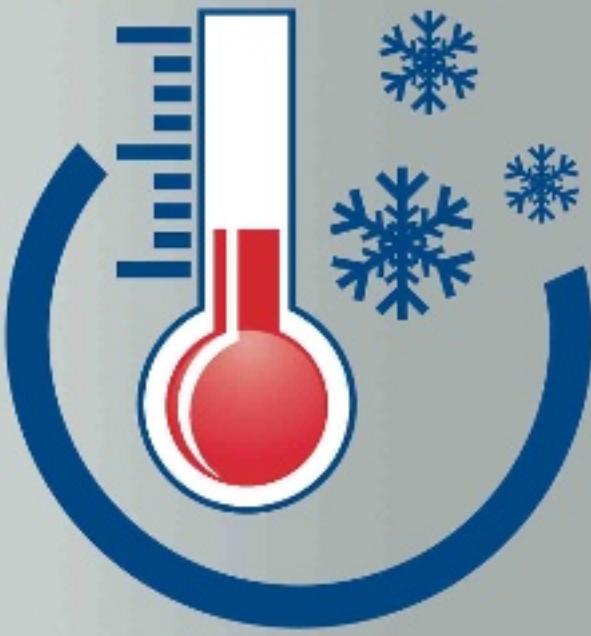
A few years ago, he anonymously purchased an engagement ring on behalf of an active duty marine and his girlfriend, both strangers to Walker, after overhearing of their financial difficulties.

And of course he had just attended an event for his charity, Reach Out Worldwide for victims of Typhoon Haiyan, when he and Rodas headed out in the Porsche.

Walker was young, and talented, and loved. That's for certain. Celebrities scintillate, we titillate, but we're all only human. In August, Walker quoted novelist-philosopher Ayn Rand when he tweeted, "The question isn't who is going to let me. It's, who is going to stop me?"

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Advertised ice track delivers on slippery promise



Testing out Nissan's new snow-ready AWD and traction and safety control systems on Quebec's Mecaglisse ice track. NISSAN CANADA

Quebec's Mecaglisse.

The track north of Montreal is open all year but if you want a fun, frozen challenge now is the time to go



AUTO
PILOT
Mike Goetz
drive@metronews.ca

Ice skates are expressly designed for travelling on ice. Passenger cars are not. They prefer pavement. So naturally there are people who like to take advantage of the vehicle's inherent inadequacies on ice and make sport of it.

These people are not as mean as they sound, they just get a kick out of how fun and educational it is to explore the boundaries and techniques of car control.

And when compared to pavement, ice affords that opportunity at a relatively lower speed, cost and risk.

"Learning the techniques to get control of a car going sideways on ice ... that's so much fun," says Franck Kirchhoff. "More fun than driving on a road course at 200 km/h."

He should know, he's done both, and both on the same track. The track is part of Mecaglisse Motorsport Complex located in Quebec's Laurentian area north of Montreal. Along with his father, Kirchhoff owns and runs the operation, which features more than 15 km of tracks of various descriptions and surfaces.

In the non-winter months the facility is used for rally driving schools, defensive driving schools, motorcycle racing, club and corporate events, and public lapping days.

Same thing in the winter. Except for the motorcycle racing, and except for the fact that all of the activities

are now done on snow and ice. The winter set-up includes one 2.5-km ice track, and one 2.5-km snow track. If the weather permits, they run this set up from the first week of January to the first week of March.

Nothing complicated about making an ice track over a paved track. Kirchhoff says the three-man crew first packs the snow down. After it is really hard and compacted, they just add water, via trucks carrying water tanks.

"We spray a lot of water," he says one more time, to make sure I understand the tricky, technical concept. How thick is the ice? Kirchhoff uses his hands to signify about a nine-inch layer.

I'm here at Mecaglisse as part of a Nissan press program, designed to showcase the virtues of the brand's snow-ready AWD and traction and safety control systems. They work as advertised, and, also as advertised, the ice track is very slippery. Even with our stud-

ded tires and AWD, anytime you wanted to get hairy you could. Not that the Nissan instructors riding shotgun wanted us journalists to get too hairy. I didn't either — nobody wants to be first to put a crease in a brand new Nissan belonging to someone else.

I suppose most of us were going about 40-60 km/h on the more open sections of the track, and a lot slower on the tighter ones. Next week Porsche will come to Mecaglisse for its customer-focused Camp4 Driving Experience program. He figures when the Carrera 4S is deployed for hot laps it will be probably get up to 120 km/hr or so down the straight and doing so sideways.

Finally, I ask Kirchhoff if the facility has special equipment for pulling vehicles and their drivers out of the snow banks, when things don't go entirely as planned out there on the ice track? "Yes," he says, "We have big tractors."

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2014 Ram 1500 Crew Cab Laramie Limited (EcoDiesel) shown. Late availability.[§]

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Horoscopes

 **Aries**

March 21 - April 20

You may find it hard to predict what others are going to do but there is no need to keep looking over your shoulder. Despite one or two minor setbacks today, the rest of the week will be to your liking.

 **Taurus**

April 21 - May 21

Two weeks from now, when the Sun moves into one of the more positive areas of your chart, you will get the chance to do your thing. Until then, accept that others are still calling the shots.

 **Gemini**

May 22 - June 21

If you want to impress people, you had better be quick because as of tomorrow it won't be so easy. Maybe you should give up trying so hard and impress the one person who really counts — yourself.

 **Cancer**

June 22 - July 23

Inspiration will come easy to you today but no matter how fast your mind is working don't try to turn ideas into reality until later in the month. Carry a notepad with you and keep a "To Do" list.

 **Leo**

July 24 - Aug. 23

Anyone who thinks they can trick you into doing something that isn't in your interests is in for an awakening. Someone will try to put one over on you today but will end up looking foolish.

 **Virgo**

Aug. 24 - Sept. 23

Someone you have to deal with over the next 24 hours will talk non-stop without saying much of any great substance. Ignore them.

 **Libra**

Sept. 24 - Oct. 23

Something you hear on the work front could benefit you but only if you act quickly. You are not the only one who is looking to get ahead.

 **Scorpio**

Oct. 24 - Nov. 22

You know what it is you desire and you know what needs to be done to get it, so stop playing around and get serious about your ambitions. Time is running out.

 **Sagittarius**

Nov. 23 - Dec. 21

You need to talk through issues that have been making life difficult for you. Someone needs to take the lead and according to the planets that someone will have to be you.

 **Capricorn**

Dec. 22 - Jan. 20

You'll learn something to your advantage today but you must keep it to yourself. The urge to tell others may be strong but if you do they may try to benefit. There is only so much cash to go around.

 **Aquarius**

Jan. 21 - Feb. 19

Take a good look at what is annoying you and ask yourself how important it really is. Most likely you will come to the conclusion that it's not worth another minute of your time or emotional energy. So forget it.

 **Pisces**

Feb. 20 - March 20

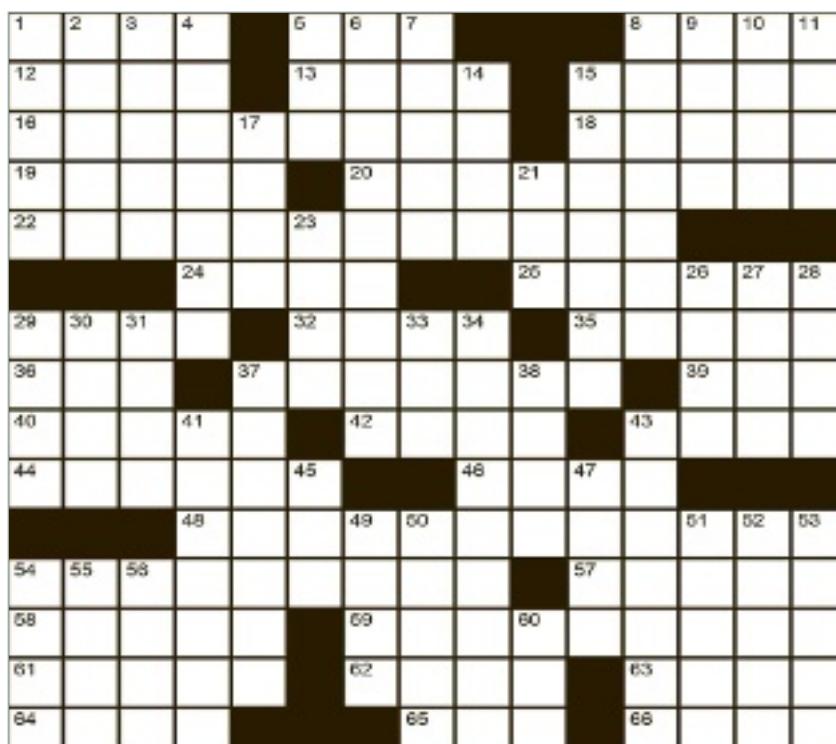
Whatever you start today will most likely be a success, but as from tomorrow you won't be quite so lucky, so if there is something that simply has to be done you are advised to get on with — now.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Berth
- Electric guitar need
- Recede
- Data
- Rivers: Spanish
- Ms. Shire
- Tiny amount
- Leaves off
- ____ letter (Use the post)
- Royal visit meet-and-greet
- TV crew pro: 2 wds.
- "The English word 'or' is known _____ ' in French."
- 'A' of A-bomb
- TV clicker button
- ____-dokie
- Matrikin
- Chopper
- Beach Volleyball great, Misty May-____
- Vintage auto
- Billy Joel's "____ Man"
- Intermission, ____-acte
- Model/actress Molly
- High-____ (Overly energetic)
- Flemish painter, Jacob van ____ the Elder
- Movie of 1993 based loosely on the Jamaican bobsled team of the 1988 Calgary Winter Olym-



pics: 2 wds.

- Canadian pairs figure skating greats/ Olympians, Sale and ____
- "____ to see the point?"
- Extraterrestrial
- Pacific or Atlantic expanse
- Sky sight

Longing-for sound

- "Yippee!" of yore
- Mr. Olin's
- Cake make, Sara

Library furniture piece

Down

- Provincial Park in Morpeth, ON; or, form of French poetry
- Actress Ms. Meyers
- "Happy Days" city
- Of the Arctic
- Southwestern Ontario county where

Out ____ = It's

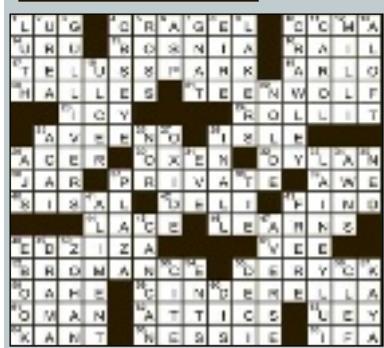
time to get more toner

- ____ Provincial Park in Morpeth, ON; or, form of French poetry
- Actress Ms. Meyers
- "Happy Days" city
- Of the Arctic
- Southwestern Ontario county where

Sarnia is located

- Assortment
- 'if you', in French: 2 wds.
- The Middle ____
- 2010 Angelina Jolie movie
- ____ oven
- Ancient T's
- Car company
- Ricky Nelson's "____"

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	1	6	2	3	9	5	4	8
9	8	3	4	5	6	1	7	2
5	2	4	1	8	7	3	6	9
3	7	2	9	1	5	4	8	6
1	5	9	6	4	8	2	3	7
4	6	8	7	2	3	9	1	5
2	9	7	3	8	4	6	5	1
8	3	1	5	7	2	6	9	4
6	4	5	8	9	1	7	2	3

	1	5		9	7
4			2		6
8		1			4
9			5	4	
	2	4			2
6	3				2
1			7		6
6	4				9
5	7		3	8	

Today

** * * * * -7°/-19°
Light snow
70%
80%

Thursday

-8°/-14°
Variable

Know what the weather
will be 14 days from now.

Check the 14 day trend.

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See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Little Fool"
26. Husband: French
27. Detail
28. Business bosses, briefly
29. Cartographer's creations
30. Emergency ____ (Building sign)
31. Draw close
33. Mr. Somerhalder
34. Jeremy Piven's old show
37. Ad nauseam: 3 wds.
38. Bar query, "Straight ____ the rocks?"
41. Core part
43. Squelched
45. Obtained
47. Miffy mood
49. Driving needs, for short
50. Fix that squeak once more
51. Gullible
52. Canadian singer Mr. Vannelli's
53. Streamlined
54. Bunch
55. Montreal pronoun
56. Detroit football player
60. He's opposite



GMC ALL-NEW 2014 SIERRA 1500

BEST EFFICIENCY[△] | **BEST POWER^{**}** | **BEST COVERAGE[†]**

MOST FUEL-EFFICIENT V8 IN A PICKUP

AVAILABLE 420 HP, 460 LB.-FT.
OF TORQUE

PRO GRADE PROTECTION

LEASE A 2014
SIERRA SLE
DOUBLE CAB WITH
SLE PREMIUM
PACKAGE **\$7,760**
IN TOTAL VALUE[‡]

\$3,500 DISCOUNT, \$2,260
NO-CHARGE PREMIUM
PACKAGE, \$1,000 LEASE
CASH AND \$1,000 TRUCK
OWNER BONUS



AUTOMOBILE JOURNALISTS
ASSOCIATION OF CANADA

**BEST
NEW
PICKUP**

ALL 2014 GMC MODELS INCLUDE
GMC PRO-GRADE PROTECTION:

- COMPLIMENTARY OIL CHANGES
2YR/40,000 km[¶]
- BASE WARRANTY
3YR/60,000 km[¶]
- POWERTRAIN WARRANTY
5YR/160,000 km[¶]
- ROADSIDE ASSISTANCE
5YR/160,000 km[¶]



ALL-TERRAIN
DOUBLE CAB SHOWN

PLUS WE MAKE YOUR FIRST MONTH'S LEASE PAYMENT[∞]

2014 TERRAIN



Terrain SLE-1 shown

- BLUETOOTH[®] WITH USB
- TOUCHSCREEN DISPLAY
- POWER WINDOWS & LOCKS
- 6-SPEED AUTOMATIC
TRANSMISSION
- BEST-IN-CLASS REAR
SEAT LEGROOM[†]
- AIR CONDITIONING

INCLUDES REAR
VISION CAMERA

LEASE \$159 @ 0% FOR 48 MONTHS[¶]

LEASE BI-WEEKLY FOR 48 MONTHS[¶], \$1,795 DOWN PAYMENT.
\$0 SECURITY DEPOSIT.

ALL-NEW 2014 SIERRA DOUBLE CAB 4X4



Sierra 1500 Double Cab SLT 4x4 shown with available equipment[¶]

LEASE \$189 @ 1.5% FOR 36 MONTHS[¶]

LEASE BI-WEEKLY FOR 36 MONTHS[¶], \$1,050 DOWN PAYMENT.
\$0 SECURITY DEPOSIT. TAXES NOT INCLUDED. OFFER INCLUDES
FREIGHT, PDI, LEVIES & \$4,000 CREDIT[¶]

Visit us at: BUYGMC.CA

TO GUARANTEE OUR **160,000-KM/5-YEAR POWERTRAIN WARRANTY[¶]**

*Whichever comes first. See dealer for limited warranty details.

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.**

For the latest information, visit us at GMC.gm.ca, drop by your local GMC Dealer or call us at 1-800-GM-DRIVE. [△]When equipped with available 6.2L EcoTec3 V8 engine (available to order fall 2013). Class is Light-Duty Full-Size Pickups. ^{**}Requires 2WD Double or Crew Cab with available 6.2L EcoTec3 V8 engine and Max Trailering Package. Maximum trailer weight ratios are calculated assuming a base vehicle, except for any option(s) necessary to achieve the rating, plus driver. The weight of other optional equipment, passengers and cargo will reduce the maximum trailer weight your vehicle can tow. Comparison based on wardsauto.com 2013 Light-Duty Large Pickup segment and latest competitive data available. Excludes other GM vehicles. Class is Light-Duty Full-Size Pickups. [†]Based on a 48/36 month lease for 2014 GMC Terrain FWD 35A/Sierra Double Cab 4x4 1SA. Annual kilometre limit of 20,000 km, \$0.16 per excess kilometre. OAC by GM Financial. Monthly/bi-weekly payments may vary depending on down payment/lease. A down payment or trade of \$0 and/or \$0 security deposit is required. Total obligation is \$18,377/\$15,762. Option to purchase at lease end is \$11,398/\$17,055. Excess wear and tear and km charges not included. Other lease options available. [¶]\$4,000 is a manufacturer-to-dealer delivery credit (tax exclusive) for 2014 GMC Sierra 1500 Double Cab and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. [∞]Offer valid for 2014 GMC Sierra 1500 SLT Double Cab 4WD, MSRP with freight PDI & levies \$51,579. Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ^{††}2014 Sierra 1500 SLT Double Cab 4WD, MSRP with freight PDI & levies \$51,579. Dealers are free to set individual prices. [¶]Comparison based on 2013 Polk segmentation: Compact SUV and latest competitive data available and based on the maximum legroom available. Bluetooth is a registered trademark of Bluetooth SIG Inc. [¶]For retail customers only. \$3,500 manufacturer-to-dealer credit available on cash, finance or lease purchases of 2014 MY GMC Silverado 1500 Double Cab and 1500 Crew Cab. \$1,000 Lease Cash manufacturer-to-dealer credit available on lease acquisition of 2014 MY GMC Silverado 1500 Double Cab. Dealers may sell for less. Other cash credits available on most models. See participating dealer or chevrolet.ca for details. Offers end March 3, 2014. Special Edition Package (PDU) includes credit value at \$2,265 MSRP. Offer only valid from January 3, 2014 to March 3, 2014 (the "Program Period") to retail customers who own or are currently leasing (during the Program Period) a GM or competitor pickup truck to receive a \$1,000 credit towards the purchase, finance or lease of an eligible 2014 MY Chevrolet Silverado Light Duty, or Chevrolet Silverado Heavy Duty. Only (1) credit may be applied per eligible vehicle sale. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The \$1,000 credit includes HST/GST/ST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership. GMCL reserve the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. [¶]Offer valid only to eligible retail lessees in Canada who have obtained credit approval by GM Financial, have entered into a lease agreement with GM Financial, and who accept delivery from January 3, 2014 through February 28, 2014 of a new eligible 2014 model. General Motors of Canada will pay the first month's lease payment (inclusive of taxes). \$0 first month lease payment means no bi-weekly payments will be due in the first month of your lease agreement. After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See dealer for details. [¶]The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 kms, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details.



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